

## Managing Anxiety at School and at Home

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### Your first and primary focus:

Fostering of a "state of belief" that maximizes the powerful impact of your words and interactions.

Kirsch 2000, Kirsch and Lynn 1997

### In other words...

- Engage
- Shift
- Simplify
- Activate

A great article by Rubin Battino...

*EXPECTATION: PRINCIPLES AND PRACTICE OF VERY BRIEF THERAPY* (Contemp. Hypnosis 24: 19-29, 2007)

"Data from over forty years of increasingly sophisticated research shows little support for:

- The utility of **psychiatric diagnosis** in either selecting the course or predicting the outcome of therapy (the myth of diagnosis);
- The superiority of **any therapeutic approach** over any other (the myth of the silver bullet cure);
- The superiority of **pharmacological treatments** for emotional complaints (the myth of the magic pill)"

Duncan, Miller and Sparks (2004: 9); Duncan BL, Miller SD, Sparks JA (2004) *The Heroic Client: A Revolutionary Way to Improve Effectiveness through Client-directed, Outcome-informed Therapy*. San Francisco, CA: Jossey-Bass.

Seek to answer these questions:

- **What do you do well?**
- **What *don't* you know how to do well (or at all)?**
- **How can I teach that skill?**
- **How will this skill improve the current situation?**

- If I could teach/show you ONE (or maybe two) things that would help you get there, what would you need to learn or what can we practice?

## Common Presentations

- Depression
- Anxiety/OCD
- Relationship Issues/Interpersonal Conflict
- Self-injurious Behavior
- Trauma
- Adjustment Issues

## The Skills...

How will life be better if your client can:

- Increase Flexibility
- Compartmentalize
- Problem Solve
- Access Internal Resources
- Connect/Disconnect

## The Skills...

How will life be better if your client can:

Increase Flexibility vs Stay Rigid

Compartmentalize vs Globalize

Problem Solve vs React Impulsively/  
Emotionally Focused

Access Resources vs Remain Passive

Connect or Disconnect (Depending...)

**Evaluate and Manage Emotions** (Instrumental  
to all of the above)

## Every Skill Allows You to...

COMBINE

Behavioral Activation + Emotional Management

FOCUS ON

Process over Content

**Targeting the  
(combination of) skills  
that are needed to  
handle these challenges**

## For each skill...

- What does it sound like?
- What does it look like?
- Interventions that teach the skill

**That powerful  
emotionally-focused frame...**

- I'm not sure how I feel about that...
- I follow my heart/gut/dreams...
- I just feel  
so...scared/overwhelmed/unsure/depressed/stuck
- I know what I should do, but I just don't do it...
- Somatic focus (how my body "feels")

**An Activity for You:  
Create an exercise/experience that  
teaches compartmentalization**

- Parts
- Boundaries
- Differentiation
- Breaking things down