

Identity, Uncertainty, & Discovery

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Outline

- Part One:
 - Discussion/Exercise: What is your identity as a therapist?
 - How do you describe what you do?
 - What role do you play with your clients?
- Part Two: 5 Questions to Ask Clients-Explore Client's preferences about your role
- Part Three: Client-Oriented/Alliance Focused
- Part Four: Uncertainty/Discovery
- Role Play
- Part Five: Critiques

The Story of Wizard of Oz

Scarecrow: I am a failure, because I haven't got a brain.

Tin Man: ...that I could be kind-a-human, if I only had a heart.

Lion: My life has been simply unbearable...if I only had the nerve.

Dorothy: a home.



The Story of Wizard of Oz

- Humbug:
 - Grants the Scarecrow a diploma
 - Awarded the Lion a “Triple Cross” for valor
 - Wrote a testimonial and gave a watch to Tin Man so that it looks and sounds like a human heart
 - Gave a hot air balloon to Dorothy
- Glinda, the Beautiful and Good Witch of the North, say to Dorothy:
 - “You don’t need to be helped any longer. You’ve always had the power to go back to Kansas.”

The Wizard of Oz & Psychotherapy

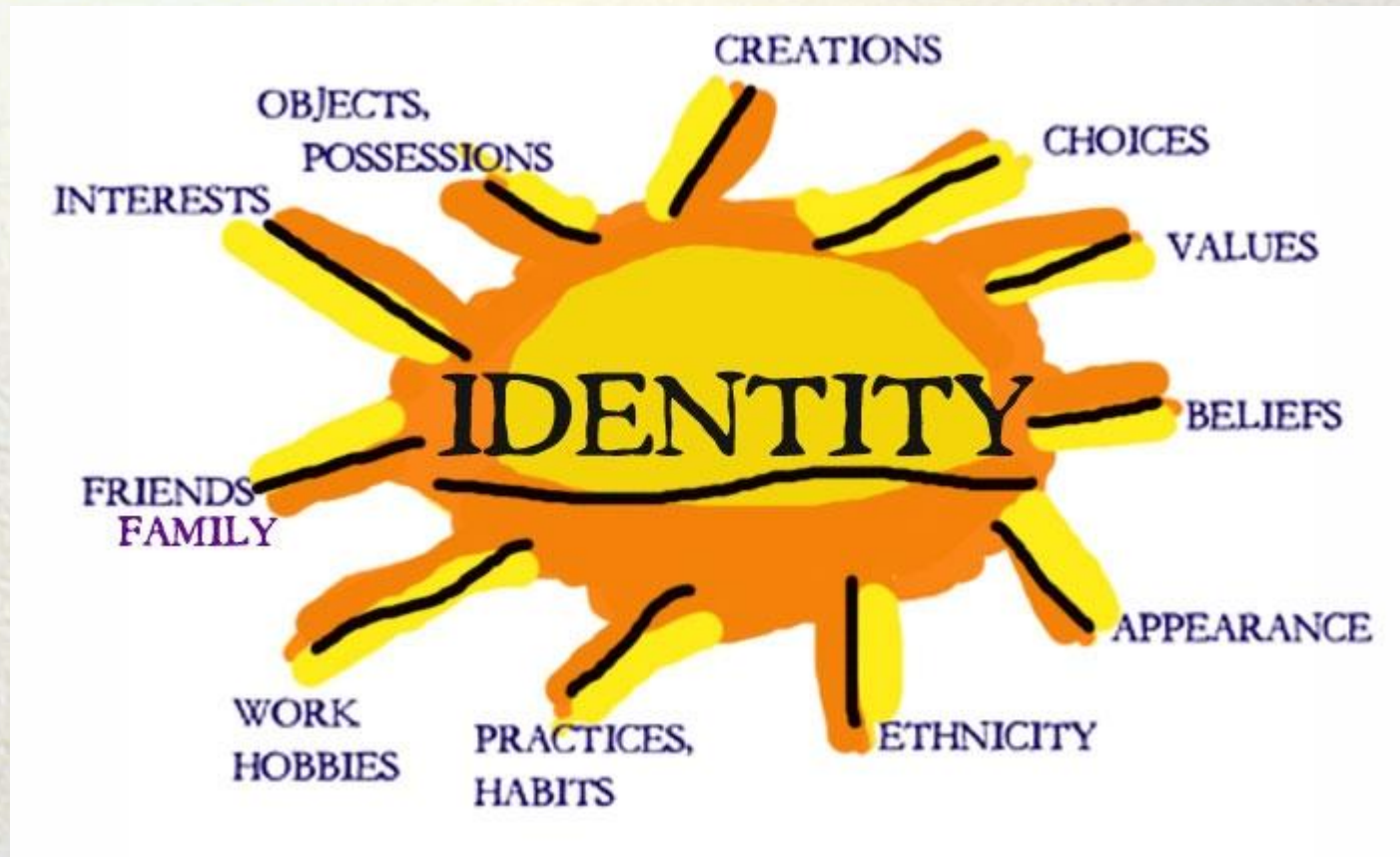
- Humbug: technique-driven therapy—a skilled technician delivering the latest empirically supported treatment and of a salesman of sorts, enthusiastically convincing the client that the intervention is just what he or she needs
- Therapist: should fix the client's problems
- Drawbacks: limited tolerance for uncertainty, adventure and co-discovery
- <http://www.youtube.com/watch?v=y0teJ85qlqY>

The Wizard of Oz & Psychotherapy

- Glinda: the Good Witch of the North: Helped Dorothy to discover her own resources , offering help when needed
- Therapist: help clients harvest resources and find solutions to discover what works

What is Your Identity? (Individual Task)

- What is your identity as a therapist?
- How does your identity impact your clients?
- How do you describe what you do?
- What role do you play with your clients?



Group Discussion

- What is your identity as a therapist?
- How does your identity impact your clients?
- How do you describe what you do?
- What role do you play with your clients?

Exercise Summary

- What we do is a measure of who we are. If we imagine our work as labor, we become laborers. If we imagine our work as art, we become artists.

---Jeffrey Patnaude

- Identity is such a crucial affair that one shouldn't rush into it.

---David Quammen

Exploring Client's Preferences About Your Role

- How do you see me fitting into what you would like to see happen?
- How can I be of most help to you now?
- What role do you see me playing in your endeavor to change this situation?
- In what ways do you see me and this process as helpful to attaining your goals?
- Let me make sure I am getting this right. Are you looking for suggestions from me about that situation?

Client Directed, Alliance-Focused Therapy

- Continuous **reflection** and an attitude of **openness** to new learning is a prerequisite for professional development at all levels of experience

Client Directed

- Focus attention on the **common factors**, especially clients' contribution to outcome—their resources, ideas, and views of the alliance
- Not theory-driven
- A relational rather than a medical model

Client-Directed, Outcome-Informed (CDOI):

- Use **client's ideas** and **preferences** (theories) to guide choice of technique and model
- Inform the work with reliable and valid **measures** of the consumer's experience of the alliance and outcome

<http://www.youtube.com/watch?v=bY51IZKq-9I>

(Client Directed Focus)

Discovery-Oriented

- Embracing many possible causes, effects, and understandings
- Discovering what works entails embracing the strong probability
- Clients not only have all that is necessary to resolve problems but also may have already solved them, started to solve them, have a very good idea about how to do it, or are just about ready to figure out something important
- Every technique is used for the first time, invented by clients and therapists to fit the client's unique attributes and circumstance
- You and the client are co-explorers

Uncertainty

- Certainty: In the world nothing is certain but death and taxes (Benjamin Franklin)
- Knowledge about the relative indeterminacy and unpredictability of life and ways to manage (Bsltes and smith, 1990)
- Uncertainty is the place of unlimited possibilities for change
- Allows for the “aha moments”, all the spontaneous ideas, connections, conclusions, plans, and insights
- Tolerance for uncertainty creates the space for new directions and insights to occur to both the client and you
- An awareness of complexity which is a precondition for maintaining constructive professional development
- Gives therapy its texture and infuses it with the excitement of discovery
- It creates the space the new directions and insights to occur to both you and client
- It is the key that unlock the potential for discovery

Role Play

- Mandated Client:
 - John, 54 years old, referred by his probation officer
 - Believes he should not be here (counselling)
 - PO believes he has some gambling issues
 - Got caught due to indoor marijuana growing

Critiques

- Client directed approach may not work for mandated clients
- Focus so much on the client
- Some agencies have standardized structures/procedures, client directed approach may not fit in those settings