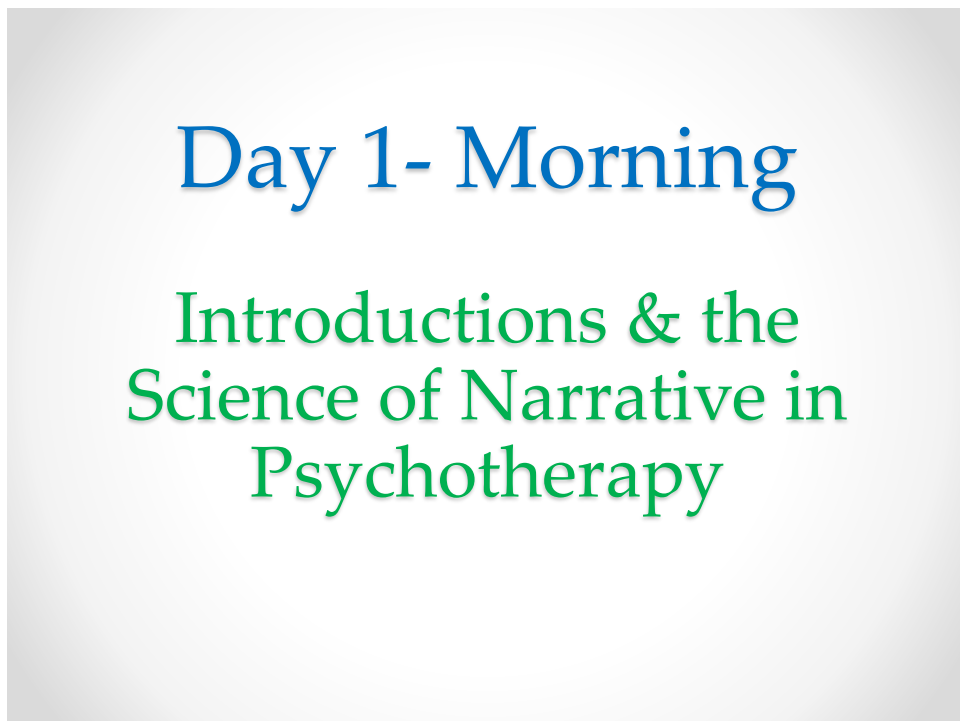


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2

# Introductions

- If you would, please share your
  - Name
  - A little bit about your work as a therapist
  - And story about something that inspired you to pursue working a behavioral health professional

3

## Find Your “Story” for the Course

- This training will have a lot to do with story, so you will need to find one you want to work with for the course.
- Choose a therapy vignette that you can talk about in depth throughout the course.
  - If it is based on client work, make sure that you change or withhold needed details to maintain confidentiality.
  - If you want to use something personal, just make sure that what you choose will be within your comfort to share in detail.
- You are also free to just make something up or choose something fictional, but you need to have reasonable details and you need to be able to stay with same story through the course.

4

## How Story is “Done” in Psychotherapy

- When talking of counseling/psychotherapy work in the context of “Narrative,” most practitioners informed on the subject tend to think about “[Narrative Family Therapy](#)”
- Developed by Michael White & David Epston in the 1980s, Narrative Family Therapy seeks to be a non-pathologizing approach that is flexible and contextual, with a focus on how people experience their lives in social constructive “story” terms, and how difficulties and successes can be reinterpreted and/or redirected to meet the goals of individuals and/or systems

5

## How Story is “Done” in Psychotherapy

- [Narrative Family Therapy](#) is a truly remarkable approach, and it provides the main base from where I work as a therapist.
- But is this version of “Narrative Therapy” the only option for story-focused approaches in behavioral health work?

6

## How Story is “Done” in Psychotherapy

- Of course, the answer is “**no.**” Because clear aspects of story/narrative thinking can be found in a variety of modalities such as CBT, psychodynamic, Gestalt, IFS, and more.
- But for what we are going to consider in this training, 2 other streams of story/narrative thought and clinical practice will be explored here.

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## How Story is “Done” in Psychotherapy

- The stream of **Big/Universal Story**.
  - In modern psychotherapy, this is most considered in the realms of **Jungian Psychology**, as well as the studies in mythology and comparative literature as first highlighted in the work of Joseph Campbell.
- The stream of **Given Story & Metaphor**.
  - These are the therapies that typically use told story and metaphors as interventions. Specifically considering the work of **Milton Erickson**, and those who followed with various “solution-based” approaches

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## How Story is “Done” in Psychotherapy

- **Big/Universal Story.**
  - Looking at larger social narratives in the context of **Jungian/Archetypal** psychology and anthropology
- **Given Story & Metaphor.**
  - Ways that story can be used as an instrument to help elicit change as highlighted in **Ericksonian/Solution-Based** work.
- **Personal/Contextual Story.**
  - **Narrative Family Therapy** with its focus on idiosyncratic aspects of how people and systems form their lived realities in story.

9

## Story as “Universal”

### The Science of Story in Knowledge Acquisition

10

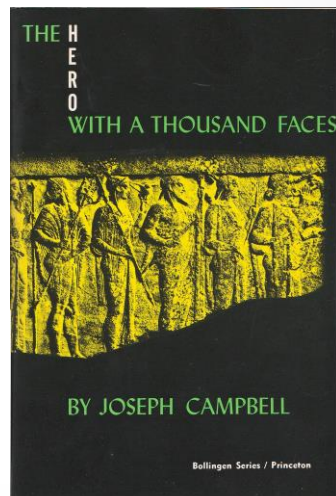
## Knowledge Acquisition

- Thoughts on the universality of the experience of "story" with Dan Harmon, based on the story thought of Carl Jung and Joseph Campbell
- <https://www.youtube.com/watch?v=LuD2Aa0zFiA>

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## Knowledge Acquisition

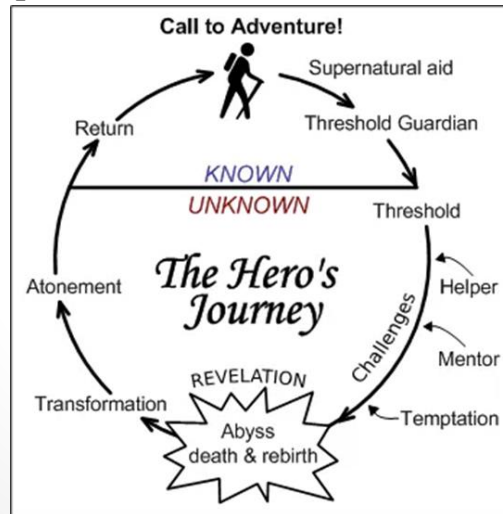
**Joseph Campbell (1904-1987)**



12

# Knowledge Acquisition

Joseph Campbell (1904-1987)



13

# Knowledge Acquisition

**Kendall Haven**

- Professional Storyteller and Cognitive Neurology Researcher
- Having worked as a research scientist before becoming a professional storyteller, Haven was recruited by a DARPA research program to explore the neurology of how stories exert influence



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# Knowledge Acquisition

## Neural Story Net

- “A fixed, connected set of subconscious brain sub-regions that create and process specific story concepts and informational elements” (Haven, 2007)
- Through the neural story net, your brain runs the “make-sense” mandate. Which means that if information can not be processed in story-form, it is disregarded.

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# Knowledge Acquisition

## Neural Story Net- Story in Action

Therapist #1: “Do you have summer plans?”

Therapist #2: “My caseload drops off in June, but my brother got a bargain on a beach rental.”

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# Story as “Transformation”

## The Science of Story in Emotional & Behavioral Interventions

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## Emotional & Behavioral Interventions

- How stories shape our minds | The science of storytelling | BBC Ideas
- <https://www.youtube.com/watch?v=vyZMSZG2Dmk>

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## Emotional & Behavioral Interventions

- Narrative Collective-Assimilation
  - Where experiencing a narrative leads one to psychologically feel connection and solidarity with subjects of the story (Gabriel & Young, 2011).
- Mirror Neurons in Empathy
  - Mirror neurons in the human brain act reflectively to match what we experience in observation (including in story) in ways that are analogous to having same experience ourselves.

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## Emotional & Behavioral Interventions

- Hypnosis in Collective-Assimilation & Empathy
  - The story-focused and non-directive traditions of Ericksonian Hypnosis appear to operate very closely with the physical mechanisms around mirror neurons.
  - The invitation and “transportation” process of shared story also has support as being a more productive way to bypass the resistance more likely in overt directives (Rossi & Rossi, 2006).

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# Story as “Bonding”

## The Science of Story in Building of Therapeutic Alliance

21

## Building of Therapeutic Alliance

- Self-Disclosure with Clients
  - Since the ascendance of Freudian style psychoanalysis in the early 20<sup>th</sup> century, professional psychotherapy has skewed towards the idea of an “impersonal” therapist.
  - Yet there have been studies to show that therapist self-disclosure, when done in certain ways, adds to the effectiveness of therapy and the strength of the therapeutic alliance (Hanson, 2005).

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# Building of Therapeutic Alliance

- Self-Disclosure with Clients
  - Research seems to show that the more directly the disclosure has to do with the client, the more correlation there is between client's positive experience about therapy.
  - Other factors seem to include the level of practice and skill building a therapist has had to utilize disclosure effectively, making the case that it should be more central in counseling/psychotherapy training (Henretty & Levitt, 2010).

23

# “The Danger of a Single Story”

- <https://www.youtube.com/watch?v=D9lhs241zeg&list=PLK1f35SJfoTOwEy73Jr-xTFwryT07TynE&index=5>

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# Narrative Family Therapy: Structure & Techniques

25

## Narrative Family Therapy

What are the stories  
that the client tells?

26

## Narrative Family Therapy

- **Michael White** (1948-2008)
  - Australian therapist and post-modern thinker, saw “the telling” as a core to family problems
- **David Epston** (1944-)
  - New Zealander (originally Canadian) colleague of White, co-wrote with White the major work of Narrative Family Therapy: *Narrative Means to Therapeutic Ends*.



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## Narrative Family Therapy

- 2 Key Elements of Narrative Family Therapy are **Post-Structuralism** and **Existentialism**
  - **Post-Structuralism** is a philosophical approach which sees no experienced structure as constant, independent of its means of interpretation
  - **Existentialism** sees the beginning of all knowledge as stemming from the personal experience of the individual.

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## Narrative Family Therapy

- Narrative Family Therapy sees dysfunctional families as having thin narratives, which a therapist helps them to thicken and thus see new solutions.
  - E.g., “my father never loved me”
- Narrative Family Therapy sees context as essential to understanding people and the importance of their language.
- “A beginning is an artifice, and what recommends one over another is how much sense it makes out of what follows.” –Ian McEwan

29

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## Narrative Scripts

- Narrative scripts are like the script in a movie or a play, it is the thing that determines the direction of the action and the role of the players
- In the view of narrative therapy, scripts are formed by language and are created and perpetuated by powerful forces in society (media, parents, faith communities, peer groups, etc.)

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## Narrative Scripts

- Being able to identify narrative scripts is important for 2 reasons.
  - **1<sup>st</sup>** is that if you have an idea about the script the client is following, you may better anticipate and understand other areas of their life which they may not have even yet discussed.
  - The **2<sup>nd</sup>** reason is that many of us are following narrative scripts that are not particularly helpful or healthy.

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## Narrative Scripts

- What was a particularly helpful or unhelpful narrative script (either personal or general) that affected you or someone close to you?
- Mine was my “dumb kid” script.

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## Narrative Themes

- As a client shares a story, what is it about?
- Not just a plot summary, but its “feel’ as well. What are the concepts, struggles, or emotions that are dominating their story?
- The answers to these questions represent narrative **themes**, the summary descriptors of the direction and consistent content the story.

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## Narrative Themes

- All the non-factual elements of how a story is told can give just as much information as the factual points.
- This method allows you to literally talk about anything in therapy!

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## Narrative Therapy Techniques

- *Thickening a Thin Story*
- *Externalization*
- *Unique Outcomes*
- *Therapeutic Ceremonies*
- *Story Summation*
- *Surrendering the Therapist's Power*

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## Thickening a Thin Story

- Where a **thin story** is rigid and simple (i.e. “I’m a failure”), a **thick story** is a multistory that allows for different directions to be taken and can incorporate important subplots

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## Externalization

- Narrative therapy challenges the ways clients make a difficulty a part of their identity. In telling their story, a client might talk about how they felt particularly anxious; like when they got transferred to a different city in their job. A narrative therapy approach might ask the client to give a name to this anxious feeling and they may start calling it, “Pressure.”
- The dysfunction then ceases to be part of the identity and therefore has less power.

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## Externalization

- This video features a counseling role-play in which the “externalizing the problem” technique from narrative therapy is used to help a client (played by an actress) cope with excessive worry.
- Courtesy of the YouTube channel of [Dr. Todd Grande](#)
- [https://www.youtube.com/watch?v=Gbt41Zn8qSU&list=P\\_LesodpDjOte4mWkj2eE\\_kamdRBkFuNPZT&index=14](https://www.youtube.com/watch?v=Gbt41Zn8qSU&list=P_LesodpDjOte4mWkj2eE_kamdRBkFuNPZT&index=14)

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## Unique Outcomes

- “Can you remember a time when Pressure didn’t have such a strong voice in your life? When to you think Pressure has been at his weakest in your story?”
- By finding a point when the outside problem was weak or not present, the client can then explore the reasons for this and use the learned strategies to disempower the problem as they are experiencing it presently

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## Story Summation

- Summarizing how you are receiving the client’s story can be an important technique for centering the therapeutic process and looking at how the current narratives are leading to therapeutic goals. It also gives you the opportunity to speak into what themes and scripts you see emerging in how the stories are being shared

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## Therapeutic Ceremonies

- Most cultures and societies use ceremonies to impart dominant narratives onto its members
- Certain ceremonies used in narrative therapy include:
  - Letters to the client(s)
  - Certificate of graduation from therapy
  - Eviction of their depression

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## Surrendering Therapist's Power

- The client is the author of their story, the counselor is there to be an editor.
- Asking the client about their perspective and not only relying on the counselor's authority
- The “spaghetti technique”

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# Jungian Psychotherapy: Structure & Techniques

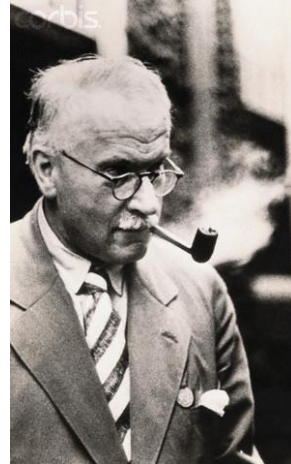
45

***What are the stories that the  
client is drawn to?***

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# Jungian Psychotherapy

- **Carl Jung** (1875-1961)
  - A onetime close colleague of Freud, Jung was one of the first modern psychotherapy theorists to see the psychological importance of human narrative.
  - Jung referred to his psychotherapeutic approach as **Analytical Psychology**, though to avoid confusion with psychoanalysis, the term Jungian Analysis is commonly used.



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# Jungian Psychotherapy

- Jung believed that the universality of certain narrative elements meant that all humans shared a **collective unconscious**, which went beyond the personal conscious of individuals
- The collective unconscious manifests itself in the form of **archetypes**

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## Jungian Psychotherapy

- **Archetypes** are universal narrative characters or characteristics which make up the unconscious world of individuals and are expressed indirectly through art, literature, dreams, etc.
- Jung believed that unhealthy dominance of certain personal archetypes over others created **complexes**, which cause the primary mental distress in people's lives.
- Some of the major archetypes include: the anima/animus, the hero, the sage, the eternal child, the ego, the shadow, etc.

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## Jungian Psychotherapy

- Jung's method of psychotherapy centered on dream analysis within an individual psychotherapeutic setting.
- Like Freudian Analysis, a Jungian approach was a depth model meant to be conducted over time and in the context of individual therapy.

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# Jungian Psychotherapy

- Beyond psychotherapy, Jung's work has had an outsized influence on the fields of comparative mythology and the study of other larger narratives in a culture.
- This is particularly noted in the research of Joseph Campbell and his work, The Hero with a Thousand Faces (1949).
- But whereas the work of White & Epston focused on the individualism of narratives, the legacy of Jung/Campbell is on the commonality of all stories.

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## Jungian Techniques

- ***Exploring Narrative Draws***
  - ***Archetypes***
  - ***Tropes*** ([www.tvtropes.org](http://www.tvtropes.org))

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# Archetypes

- What is a story or character that you have strongly identified with at some point in your life?

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# Tropes

- A **Trope** is a motif or convention that appears in media and other mass creative expression.
- Tropes are similar to archetypes, in that they involve broadly experienced aspects of story. Tropes also have broader definition in that they can encompass not just individuals, but groups and even narrative settings or situations.

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# Tropes

- At the same time, tropes are less culturally universal (though they can still manifest in widely recognizable ways) and are more “created” than “discovered.”
- The power of tropes grow in the use/telling, and they be boarder cultural narratives that perpetuate certain beliefs/perspectives, even if unhelpful and/or untrue.

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# Sports Movie Tropes

- <https://www.youtube.com/watch?v=AbvRuPLewTo&t=27s>

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# Ericksonian Therapies: Structure & Techniques

57

***How can a therapist use story  
to facilitate therapeutic  
change?***

58

# Ericksonian Therapies

- **Milton Erickson** (1901-1980)
  - Growing up in Wisconsin, Erickson was to be a farmer until a nearly fatal bout of polio led him to study psychiatry.
  - A master hypnotherapist, Erickson's method relied on natural storytelling and metaphor and heavily influenced strategic and solution-focused/oriented family therapy models



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## Ericksonian Therapy & Metaphor

- In the context of families, individual family members jointly create communication patterns which are, for the most part, unconsciously perceived by the family and acted upon.
- Erickson understood that so much of communication is non-verbal, and that the disconnect in family communication created **double-binds**.
- Metaphor and story also influenced the culture of the family.
  - The story of 5yr Timmy wetting the bed told when he is 30 and can't get a job.

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## Ericksonian Therapy & Metaphor

- Erickson would tell seemingly out of place stories, assign odd directives, and use **therapeutic double-binds** to disrupt a family's dysfunctional patterns so that healthy patterns could then be formed.
- Erickson did not push patient insight, as he believed that the unconscious was naturally creative and could create healthy dynamics without a family knowing how.
- Like Jung, Erickson believed that the unconscious mind spoke in the language of imagery and metaphor.

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## Ericksonian Therapy & Metaphor

- Jay Haley's research introduced Erickson's work into the family therapy research at MRI
- Haley later wrote a defining book on Erickson's methods, *Uncommon Therapy*.
- Haley used Erickson's ideas in creating Strategic Family Therapy. Haley's later work with Minuchin led to the same ideas shaping Structural Family Therapy.
- Other students of Erickson went on into the postmodern "Solution" Brief Therapies, particularly Bill O'Hanlon.

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## The Utility of Metaphor

- Research in social cognition has shown that people construct their perceived worlds mainly through conceptual metaphors.
- By using metaphor, an individual (or group) can acquire understanding of concepts which are abstract to them using comparison, even if the compared concepts are superficially dissimilar (Amin, Jeppsson, & Haglund, 2015)

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## The Power of the Therapist

- As the counseling process involves the counselor giving narratives along with receiving them, understanding how that power shapes counseling and affects client autonomy.
- The power of the therapist is not necessarily a negative force, only one that requires self-aware in order to be used well in therapy.

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## Stories as Roadmaps

- The process of re-authoring thin or negative narratives with clients is one of the primary techniques of narrative therapy. And the stories a counsellor shares not only can direct therapy in an agreed-upon direction, but the stories can be examples to the client as to how narratives can be positively re-authored
- “Veterinarian Story”

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## Ericksonian Techniques

- ***Storytelling and Metaphor***
- ***Seeing the “Gift” of the Symptom***
- ***Working with the Resistance***
- ***The Therapeutic Double-Bind***
- ***Finding the “Solution” vs. Understanding the “Problem”***

66

## Storytelling and Metaphor

- In the same way that we can be touched as individuals through our experience in broader narratives in music and movies, we can touch individuals on a personalized basis in how we share stories as therapists.
- We can help the client thicken their story by showing how other stories have been thickened.

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## The “Gift” of the Symptom

- A favored technique of Jay Haley's strategic take on Ericksonian ideas.
- The therapist can offer a possible reframe on a presenting problem that can repurpose it for positive uses
- “As difficult as these tantrums have been, I wonder if any good things have happened because of it?”

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## Working with Resistance

- Bruce Lee and Jeet Kune Do
- If the client is insistent on a particular narrative paradigm (i.e., “My stepmother is completely evil”) then we do not use energy to try to fight this paradigm head on. Instead, we take the momentum that this strongly felt idea possesses and direct that towards positive narrative thickening.

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## The Therapeutic Double-Bind

- Clients might be asked to purposefully engage in part of their symptoms in order to disempower that symptom
- The therapeutic double-bind is created in a situation where no matter what course is taken; the client can experience success and growth.

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## Solution vs. Problem

- The later Ericksonian therapeutic models such as the Solution-Oriented approach have taken the line that the “solution” is much more significant than the “problem.”
- Often these specific therapeutic approaches ignore talking about the problem altogether. In a narrative lens, this can be seen as a re-authoring technique that allows a positive aspect of the client's narrative to become more significant than a negative one.

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## Ericksonian Therapies

- "This video features a counseling role-play in which the miracle question technique from solution-focused brief therapy is used to help a client (played by an actor) recognize social anxiety."
- <https://www.youtube.com/watch?v=gcXENqOwulw>
- "This video features a counseling role-play in which the “finding exceptions to the problem” technique from solution-focused brief therapy is used to help a client (played by an actor) reduce social anxiety."
- <https://www.youtube.com/watch?v=rRgUxZKizSU>

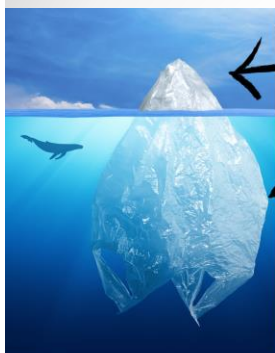
72

# Ericksonian Hypnosis

- What is Hypnosis?
  - Even among medical and psychotherapeutic researchers, what hypnosis is exactly is debated.
  - “A state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion” (Elkins, et.al., 2014)

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# Ericksonian Hypnosis



Conscious Mind

Unconscious Mind

- Our "conscious mind" is the part dealing with what we are "aware" we are thinking about
- While our "unconscious mind" describes all the automatic thinking and processing we are doing without any particular awareness

THE "ICEBERG" MODEL OF THE MIND

74

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