

IMPACT THERAPY ASSOCIATES
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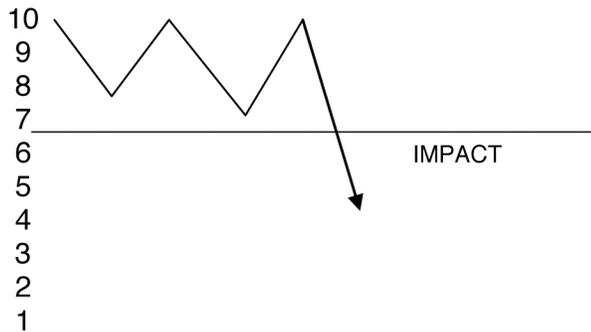
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IMPACT THERAPY PUTTING THEORIES INTO PRACTICE

Four M's of Impact Therapy: Multi-sensory, Motivational, Marketing, Maps

THE DEPTH CHART (most sessions should go below 7)



EIGHT COMMON MISTAKES OF COUNSELORS

1. Reflects much more than necessary
2. Listens to too many stories
3. Rarely interrupts the client
4. Does not focus the session
5. Waits too long to focus and funnel the session-- dawdles
6. Does not use theory--uses the "hope" method of counseling
7. Makes counseling boring--rarely uses creative techniques
8. Does not pay attention to client's and his/her voice and face

Important Sentences in Counseling:

1. All behavior is purposeful. Everyone has private logic.
2. Thoughts cause feelings.
3. Get your expectations in line with reality.
4. You teach people how to treat you.
5. Life is a series of choices.
6. You can't hold on and move on.

Stages of Change (Norcross and Prochaska)

Precontemplation

Contemplation

Preparation

Action

Maintenance

Termination

WDEP (WANT, DOING, EVALUATE, PLAN)

What do you want?

What are you currently doing?

Is what you're doing working?

What is your plan for getting you what you want?

RATIONAL-EMOTIVE BEHAVIOR THERAPY

1. **THOUGHTS CAUSE FEELINGS.** Sustained negative feelings are caused by what we tell ourselves.
2. What we tell ourselves about situations is what upsets us—not the situation!
3. REBT counselors use an ABC approach to helping.
 - A = the situation or person or event
 - B = the beliefs or self-talk about A
 - C = feelings and behavior – the consequence of the self-talk

B causes C but most people believe that A causes C.

4. REBT counselors often use a Not True/True grid when disputing.

| <i>Not True</i> | <i>True</i> |
|---|--|
| <i>It's awful that he acts this way. I can't stand it!!</i> | <i>I don't like it but I can stand it.</i> |

5. REBT counselors will teach and confront their clients about their self-talk.
6. REBT counselors live healthy lives and think in rational ways.
7. REBT counselors use phrases like “It would be desirable” or “It’s unfortunate.” Clients use words like “awful,” “terrible,” or “horrible.”
8. REBT counselors look for shoulds, musts, demands, commands.
9. Blame is the essence of most disturbances. People are the way they are.
10. People are . . . People exist
11. People’s problems center around three musts:
 I must
 You must
 The world must

KEY SENTENCES TO HEALTHY LIVING:

Sustained negative feelings are caused by me and I can change my feelings.

I can change the way I feel if I change what I am telling myself and only tell myself things that are true.

I can spare myself lots of hurt, frustration, and anger if I keep my expectations in line with reality.

ELLIS'S 15 IRRATIONAL IDEAS

1. It is a dire necessity for an adult human being to be loved or approved by virtually every other person in one's life.
2. One should be thoroughly competent, adequate, and achieving in all possible respects if one is to consider oneself worthwhile.
3. Certain people are bad, wicked and villainous and they should be severely blamed or punished for their villainy.
4. It is awful and catastrophic when things are not the way one would very much like them to be.
5. Human unhappiness is externally caused and that people have little or no ability to control their sorrows and disturbances.
6. If something is or may be dangerous or fearsome one should be terribly concerned about it and should keep dwelling on the possibility of its occurring.
7. It is easier to avoid than face certain life difficulties and self-responsibilities.
8. One should be dependent on others and needs someone stronger than oneself on whom to rely.
9. One's past history is an all-important determiner of one's present behavior and because something once strongly affected one's life, it should indefinitely have an effect.
10. There is invariably a right, precise and perfect solution to human problems and that it is catastrophic if this perfect solution is not found.
11. One should become quite upset over other people's problems and disturbances.
12. The world should be fair and just and if it is not, it is awful and I can't stand it.
13. One should be comfortable and without pain at all times.
14. One may be going crazy because one is experiencing some anxious feelings.
15. One can achieve maximum human happiness by inertia and inaction or by passively and uncommittedly enjoying oneself.

REBT and Creative Techniques

- Tapes:** Need to make new tapes with true thoughts on the new tape
Need to throw away the old tape that is filled with negative thoughts
(**Irrational sentences:** *I'm no good. I am worthless. I am bad.*)
- Cards:** Don't have to play the hand you are dealt. Can get a better hand with the help of the counselor. (**Irrational sentences:** *I can't change—this is the way I am. My parents made me this way—I can't change.*)
- \$1 bill:** Nothing can take your worth a way. (**Irrational sentence:** *Because he/she did this to me, I am worthless.*)
- LFT:** **Irrational sentence:** *I can't stand it.* (Low Frustration Tolerance)
- Blocks:** **Irrational sentence:** *This must fit!! I have to make this fit.*
- Coin flip:** **Irrational sentence:** *I can't decide.*
- Chairs:** Thinking and non-thinking chair; sit in both chairs at the same time
fear of moving to other seat
- Shield:** Deflect the negative comments directed at you.
- Cups:** Allowing someone to smash your worth; holes in self-esteem
- Fuse:** Need to lengthen a short fuse. (good for dealing with anger)
- Hammer:** Need to quit beating yourself with negative self-talk
- Behind You:** What do you need to tell yourself to get it behind you.

THREE R'S

Poor Way to Handle Situations

React
Retreat
Rethink

Better way to handle situation

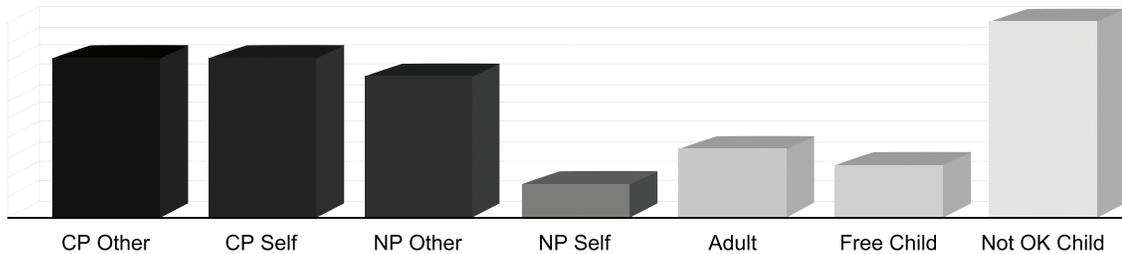
Retreat
Rethink
Respond

Assign Homework—write down negative self-talk; do something different and observe your self-talk; analyze a situation using the ABC model or true/not true grid

TA (PARENT, ADULT, CHILD) ASSESSMENTS

1. Egograms

Critical Parent (self/others), Nurturing Parent (self/others), Adult, Free Child, Not OK Child (Hurt/Pleasing Child)

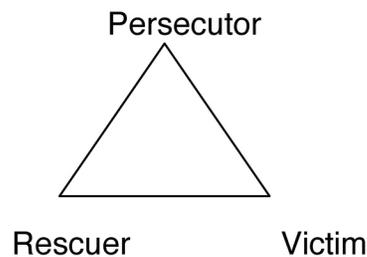


2. Chairs—sit (stand) in the different egostates (chairs—small chair)

3. Scripts you are living—

Everyone is living out a script
Tearing up the current script

4. Drama Triangle



5. Four (4)-Life Positions:

I'm not OK—You're OK
I'm not OK-You're not OK

I'm OK—You're not OK
I'm OK—You're OK

6. Early Decisions You Made

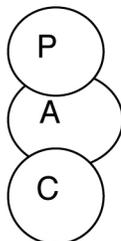
At what age did you make your early decisions about yourself and life?

Why did you make them?

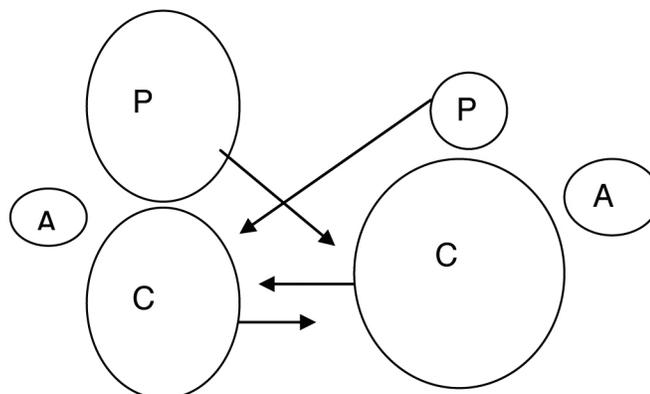
What data did you use?

What new data do you now have to make better decisions?

Contamination



Cross Transactions/Child to Child Transaction=No Adult



EGOSTATE DESCRIPTIONS

CRITICAL PARENT

SAMPLE WORDS AND PHRASES

Should, must, ought, don't, always, never, now what, because I said so, don't ask questions, be good, what will the neighbors think it doesn't hurt, don't cry

GESTURES AND POSTURES

Finger pointing, rolling eyes, tapping feet or wringing hands in impatience; shaking head to imply no; arms folded across chest with chin set, face tilting up looking down nose

FACIAL EXPRESSIONS

Scowl, furrowed brow, set jaw, frown

TONE OF VOICE

Sneering, punitive, condescending, harsh, biting, grating

NURTURING PARENT

SAMPLE WORDS AND PHRASES

You can do it; you did your best; I'll help you; I'll take care of you, here's something that will make you feel better; honey; dear; I know that hurts; I'll get through this; I made a mistake and I can learn from it;

GESTURES AND POSTURES

Pat on the back, consoling touch, holding or rocking someone

FACIAL EXPRESSIONS

Sympathetic, loving, proud look; smile

TONE OF VOICE

Encouraging, supportive, sympathetic, caring, warm, kind

NOT O.K. CHILD (ADAPTED CHILD; ANGRY CHILD)

SAMPLE WORDS AND PHRASES

I'm worthless; nobody loves me; I can't do anything right; I can't stand it; I'm bad; I must be perfect; I'm no good; Look at me! Mine is better than yours; I have to please everyone; I hate you! You're no good!

GESTURES AND POSTURES

Slumped, dejected, temper tantrums, batting eyelashes, curling up, nail biting, squirming, fist pounding,

FACIAL EXPRESSIONS

Teary eyed, pouting, eyes looking away, eyes looking down, tight jaw

TONE OF VOICE

Whining, sweet talk, sullen silence, talking fast and loud, swearing

O.K. CHILD (NATURAL CHILD)

SAMPLE WORDS AND PHRASES

Gosh, wow, gee whiz, let's play, can I try it, I wonder how that works, this is fun

GESTURES AND POSTURES

Joyful or exhilarated postures

FACIAL EXPRESSIONS

Smiling, wide-eyed, excited

TONE OF VOICE

Excited, joyful, laughing

ADULT

SAMPLE WORDS AND PHRASES

Let's talk, My observation is, Let me share my thoughts, Here's how I see it, how do you see it? No, and here's why

GESTURES AND POSTURES

Relaxed, upright, unhurried

FACIAL EXPRESSIONS

Relaxed, serious, deep in thought, good eye contact

TONE OF VOICE

Calm, direct, self-assured

ADLERIAN

LIFE STYLE

The Birth Order Factor

How did you find your place in the family?

Who was mom and dad's favorite?

How did you view the world?

Early Recollections

Private Logic = Mistaken Goals and Guiding Fictions

Social Interest

Motivation Modification

Finding Your Guiding Fictions, Mistaken Goals and Private Logic

1. What is your family constellation? (Siblings and their ages relative to your own, and others living with you between the ages of 0 – 10) and how did it effect you?
2. What was your mother like? Your father? Other adults in the home?
3. Describe your three earliest recollections using the present tense.
4. What did you learn about men and women?
5. What did you learn about work?
6. What did you learn about money?
7. What did you learn about food?
8. What did you learn about school?
9. What did you learn about authority figures?
10. Describe how you and your siblings (or parents if no siblings) interacted:
(Who took care of whom? Who was most different and most similar?
Who was Mother's Favorite, Father's favorite?)

Reading List REBT

Albert Ellis Institute 1-800-323-4738

A practitioner's guide to rational-emotive therapy (2nd ed). Walen, S., DiGiuseppe, R., & Wessler, R.L.

A Guide To Rational Living, Ellis and Harper

Rational Counseling with School Aged Populations: A Practical Guide, J. Wilde

Mind Over Mood—Greensberger and Padesky

TA, Reality Therapy, Adlerian

www.ta-tutor.com Excellent TA cite; You Tube has good videos of TA

***Introduce Yourself to TA*, Campos (916) 786-2290**

Introduce Your Relationship to TA, Campos

TA for Kids, Alvyn Freed

Using Reality Therapy, R. Wubbolding

Reality Therapy for the 21st Century, R. Wubbolding

Tactics in Counseling and Psychotherapy. Mosak, H. & Maniaci, M. P. (1998).

Addiction

Addictions Counseling. Pita, D.D. (1994). New York: Crossroads

Addictive Thinking (2nd ed). Twerski, A.J. (1997)

Stage II Relationships: Love Beyond Addiction, Larsen, E..

Choices and Consequences. Schaefer, D. (1987).

Marriage, Family, Divorce, Grief, OCD, and Panic

Making it as a Couple, Allen Faye

***The Parents' Handbook*, Dinkmeyer 1-800-328-2560**

***The Lost Boy*, David Pelzer**

Rebuilding, Bruce Fisher—excellent for divorce recovery

***Grief Counseling and Grief Therapy*, J. William Worden**

Don't Panic, R. Reid Wilson www.anxieties.com

Brain Lock—Jeff Schwartz

***Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful Program for Parents of Children and Adolescents*—Tamar Chansky**