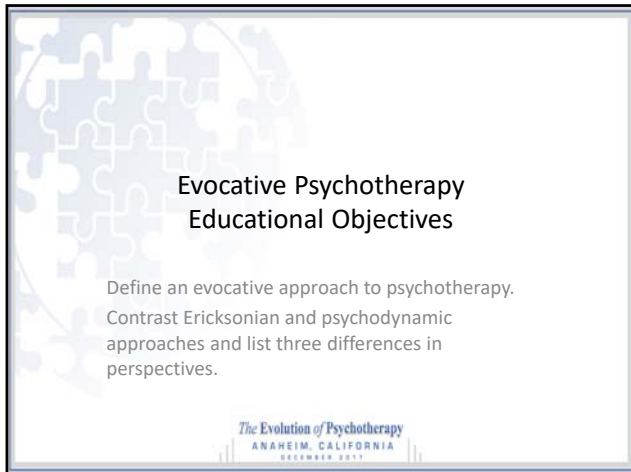


Evocative Psychotherapy
Clinical Demonstration and Discussion 06
Jeffrey K. Zeig, Ph.D.

Discussant:
Otto Kernberg, MD

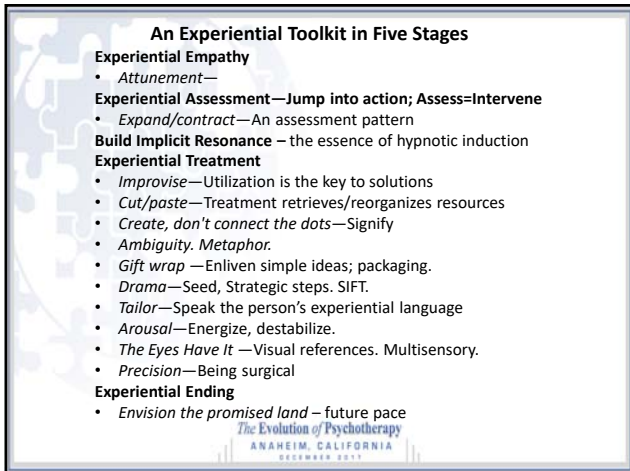
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Evocative Psychotherapy
Educational Objectives

Define an evocative approach to psychotherapy.
Contrast Ericksonian and psychodynamic approaches and list three differences in perspectives.

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An Experiential Toolkit in Five Stages

Experiential Empathy

- *Attunement*—

Experiential Assessment—*Jump into action; Assess=Intervene*

- *Expand/contract*—An assessment pattern

Build Implicit Resonance – the essence of hypnotic induction

Experiential Treatment

- *Improvise*—Utilization is the key to solutions
- *Cut/paste*—Treatment retrieves/reorganizes resources
- *Create, don't connect the dots*—Signify
- *Ambiguity. Metaphor.*
- *Gift wrap* —Enliven simple ideas; packaging.
- *Drama*—Seed, Strategic steps. SIFT.
- *Tailor*—Speak the person's experiential language
- *Arousal*—Energize, destabilize.
- *The Eyes Have It* —Visual references. Multisensory.
- *Precision*—Being surgical

Experiential Ending

- *Envision the promised land* – future pace

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