A ROADMAP FOR HIGH-SPEED, ENGAGING THERAPY WITH CHILDREN AND ADOLESCENTS STRUGGLING WITH ANXIETY AND DEPRESSION: INTEGRATING ERICKSONIAN HYPNOSIS, EMDR, AND COGNITIVE BEHAVIORAL APPROACHES
“You can only fail permanently if you stop”

—Bill O’Hanlon
CBT APPROACHES METHODS
PIONEERED BY

- REBT (Albert Ellis)
- Cognitive Therapy (Aaron Beck)
- T.E.A.M. Approach (David Burns)
- Absurdity Therapy (David Lima)
- Schema Therapy (Jeffrey Young)
RELATIONSHIP COMPONENT CONTINUED: ASSERTIVENESS

- “I would like” statements
- “I feel” statements
- “Mixed feelings” statements
- Empathic assertion
- Confrontive assertion
- “I language” assertion
• Separating the people from the problem.
  - Focusing on interests, not positions
  - Inventing options positions
  - Insisting on use of objective criteria
TECHNICAL COMPONENT: METHODS

- The “talk-it-out” way
- The “change the words” way
- The “Philosophers” way
- The “simple” way
- The “why would it be bad” way
- The “harder on yourself” way
- The “this isn’t the only idea” way
- The “Albert Einstein” way
- The “does it” way
CLIENTS EVALUATION OF THERAPY SESSION: CLIENT EVALUATION FORM

- LIKERT SCALE
  - How helpful was the session?
  - How satisfactory was the session overall?
- NARRATIVE SECTION
  - What did you not like?
  - What was positive, and best-liked?
  - “POSITIVE THINGS TO DO”
- “POSITIVE THINGS TO DO”
  - Bibliotherapeutic homework
  - Behavioral homework
  - Cognitive homework
EMDR “THAWING,” IDENTIFYING & THERAPEUTIC METHODS

- Centering and stabilizing preliminaries
- Safe or calm place method
- Breathing shift technique
- Bilateral stimulation/alternate tapping
- Cartoon character technique
EMDR “THAWING,” IDENTIFYING & THERAPEUTIC METHODS CONTINUED

- Floatback technique
- Spiral technique
- Centering technique
- Rehearsing for success
- PROCESSING OF UNPROCESSED MEMORIES
ERICKSONIAN HYPNOSIS AND PSYCHOTHERAPY

- INDUCTION OF THERAPEUTIC TRANCE
  - Work with easy trance form in hand
  - Work with REBT form in hand
  - Elicit trance from previous trance experience
  - Truism, truism, truism, suggestion
Absorbed, ratified, elicit
Speak only at clients exhaling
Make phrases consistent with where child or adolescent wants to go!
“places in your body that you were telling me about, aren’t they curiously becoming places of chronic comfort.”

“I’m wondering if you will look back in time and say to yourself ‘did it start in that session? or a bit after it?’
METHODS FOR DEEPENING NEWLY DEVELOPED RATIONAL BELIEFS (RB’S)

- ERICSONIAN HYPNOSIS
- Mentioning RB’s During Induction
- Interspersal of RB’s Within Therapeutic Trance
- Post Hypnosis Suggesting “living
METHODS FOR DEEPENING NEWLY DEVELOPED RATIONAL BELIEFS (RB’S)

- COGNITIVE BEHAVIORAL METHODS
- Rational Emotive Imagery (Rational Behavior Therapy Style)
- Rational Emotive Imagery (Rational Emotive Behavior Therapy Style)
METHODS FOR DEVELOPING NEWLY DEVELOPED RATIONAL BELIEFS (IB’S)

- Acting against IB’s
- Acting strongly in favor of IB’s!
- Externalizations of Voices (Burns’s You-I Method)
Dedicated in memory of Milton H Erickson, MD

December 5, 1901-March 25, 1980
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