
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



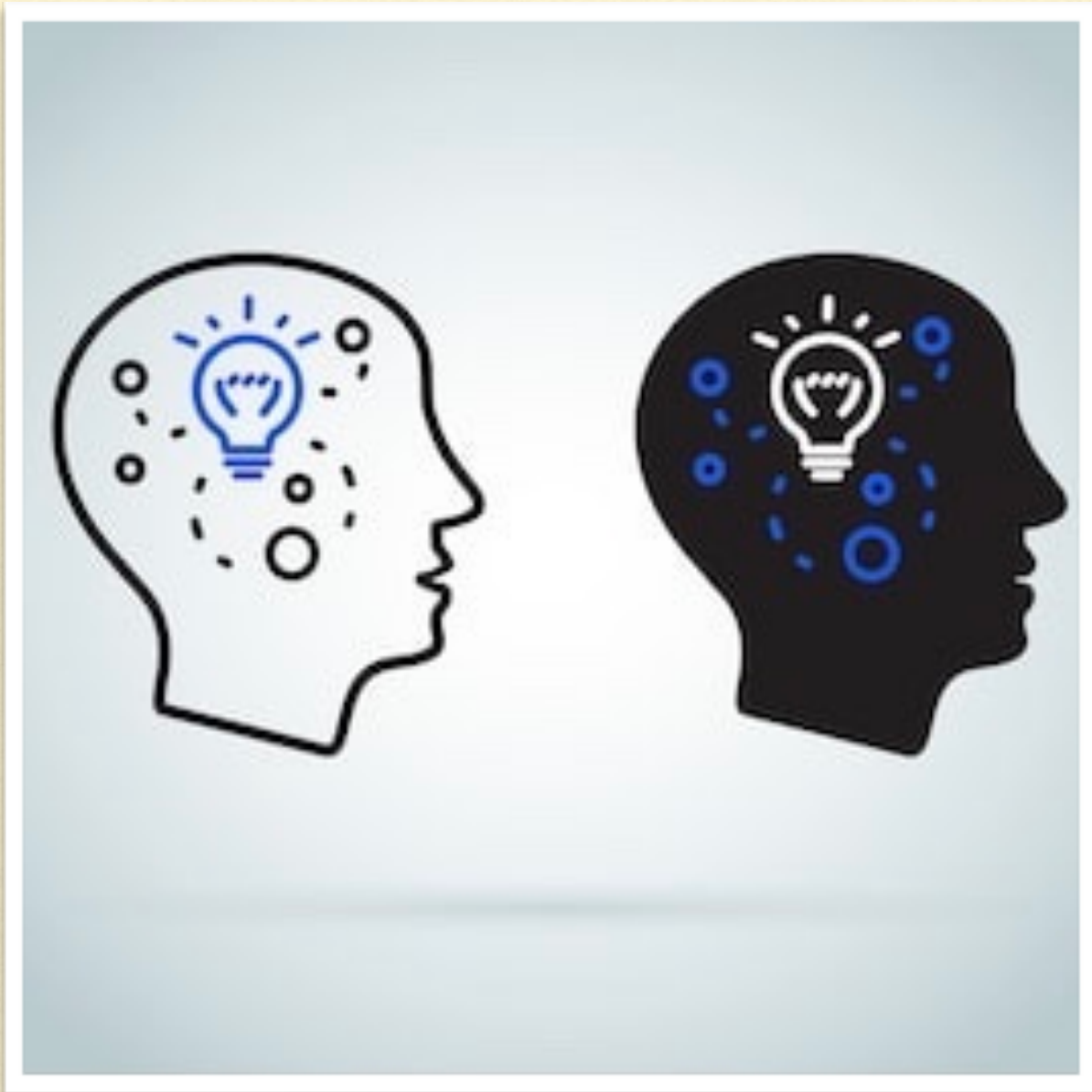
- REBT (Albert Ellis)
- Cognitive Therapy (Aaron Beck)
- T.E.A.M. Approach (David Burns)
- Absurdity Therapy (David Lima)
- Schema Therapy (Jeffrey Young)

RELATIONSHIP COMPONENT CONTINUED: ASSERTIVENESS



- “I would like” statements
 - “I feel” statements
 - “Mixed feelings” statements
 - Empathic assertion
 - Confrontive assertion
 - “I language” assertion
-

RELATIONSHIP COMPONENT CONTINUED: NEGOTIATING



- 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”
 - Bibliotherapeutic homework
 - Behavioral homework
 - Cognitive homework
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EMDR “THAWING,” IDENTIFYING & THERAPEUTIC METHODS



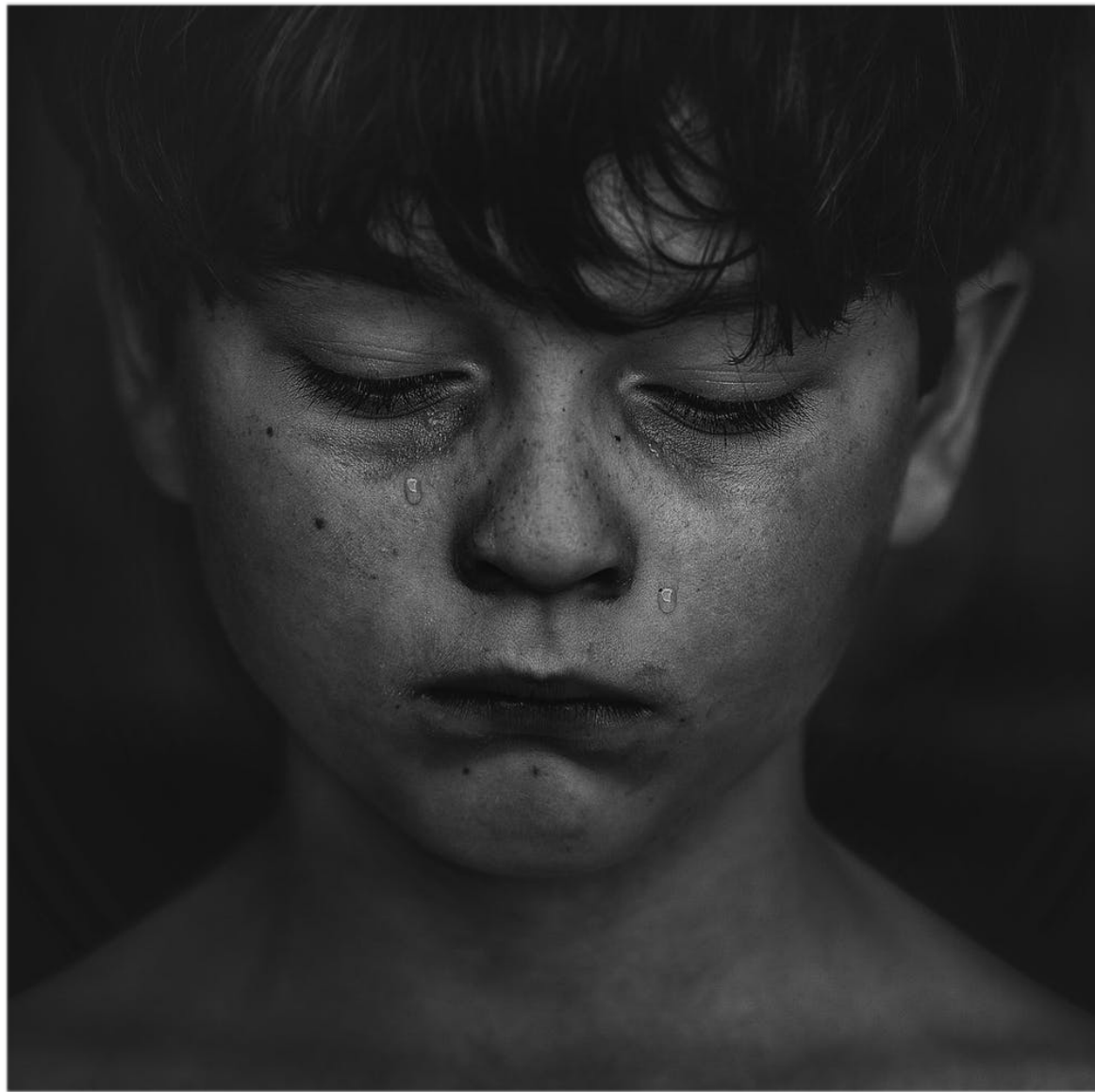
- CENTERING AND STABILIZING PRELIMINARIES
- Safe or calm place method
- Breathing shift technique
- Bilateral stimulation/alternate tapping
- Cartoon character technique

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

ERICKSONIAN HYPNOSIS AND PSYCOTHERAPY CONTINUED



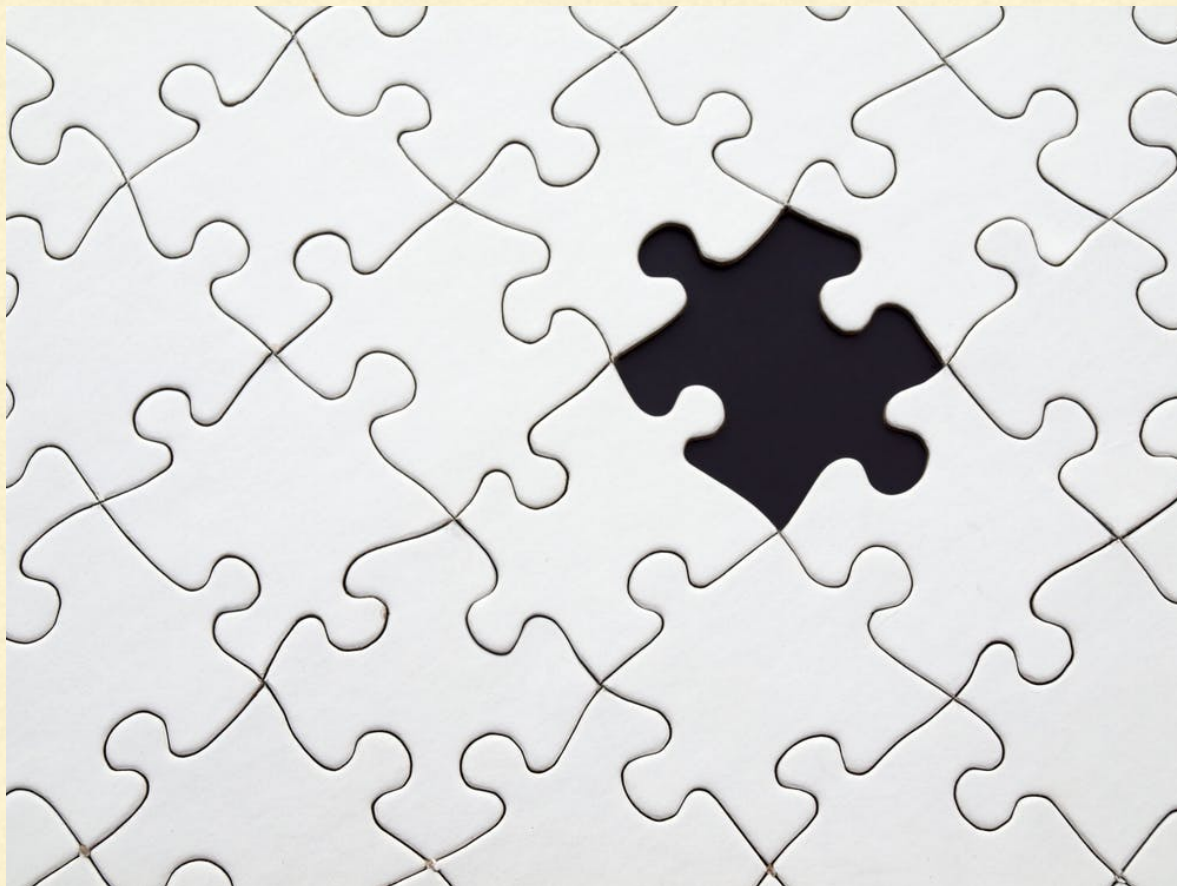
- Absorbed, ratified, elicit
- Speak only at clients exhaling
- Make phrases consistent with where child or adolescent wants to go!

ERICKSONIAN HYPNOSIS AND PSYCHOTHERAPY CONTINUED



- ie “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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