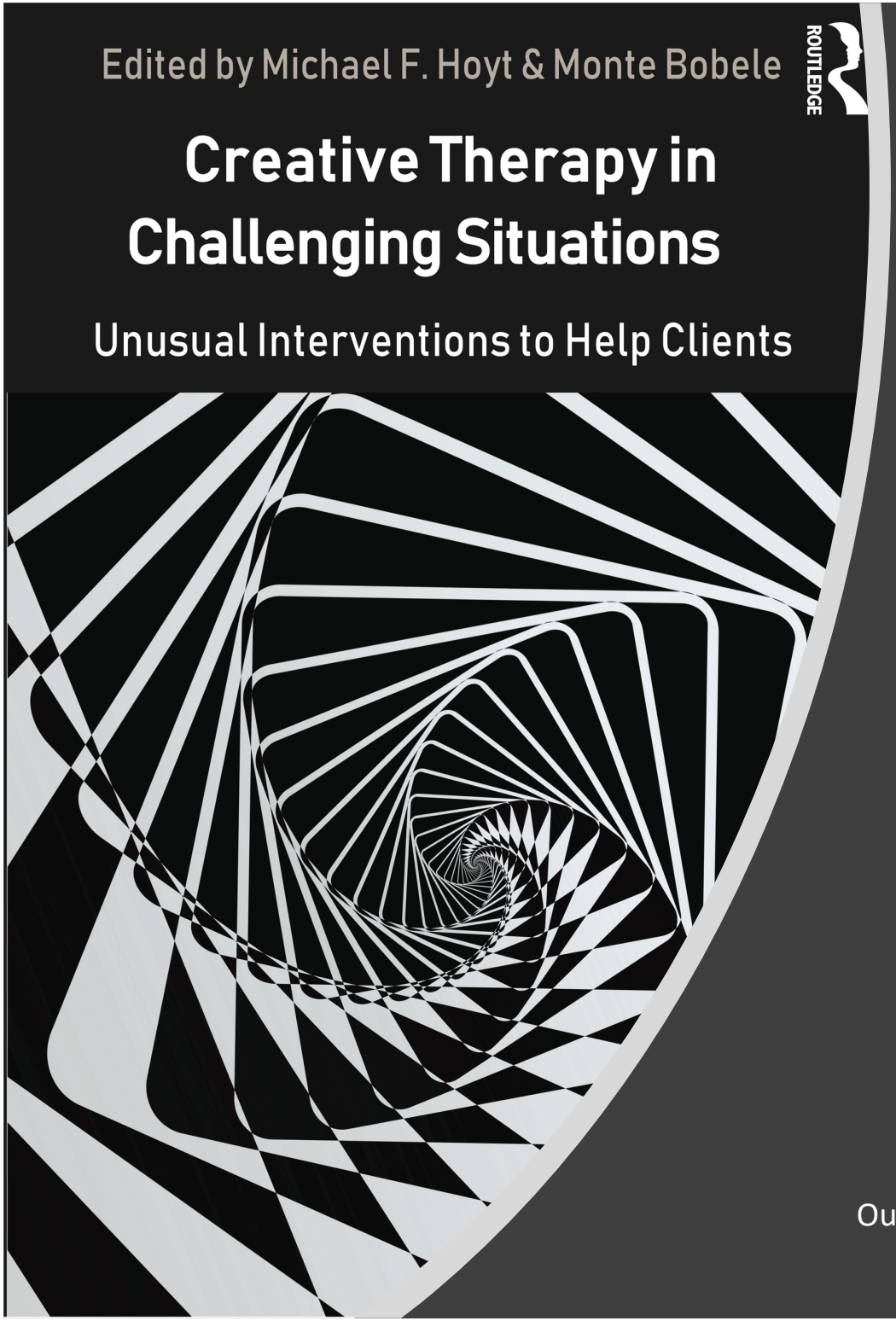

You Said What?!: Creative Therapy in Challenging Situations

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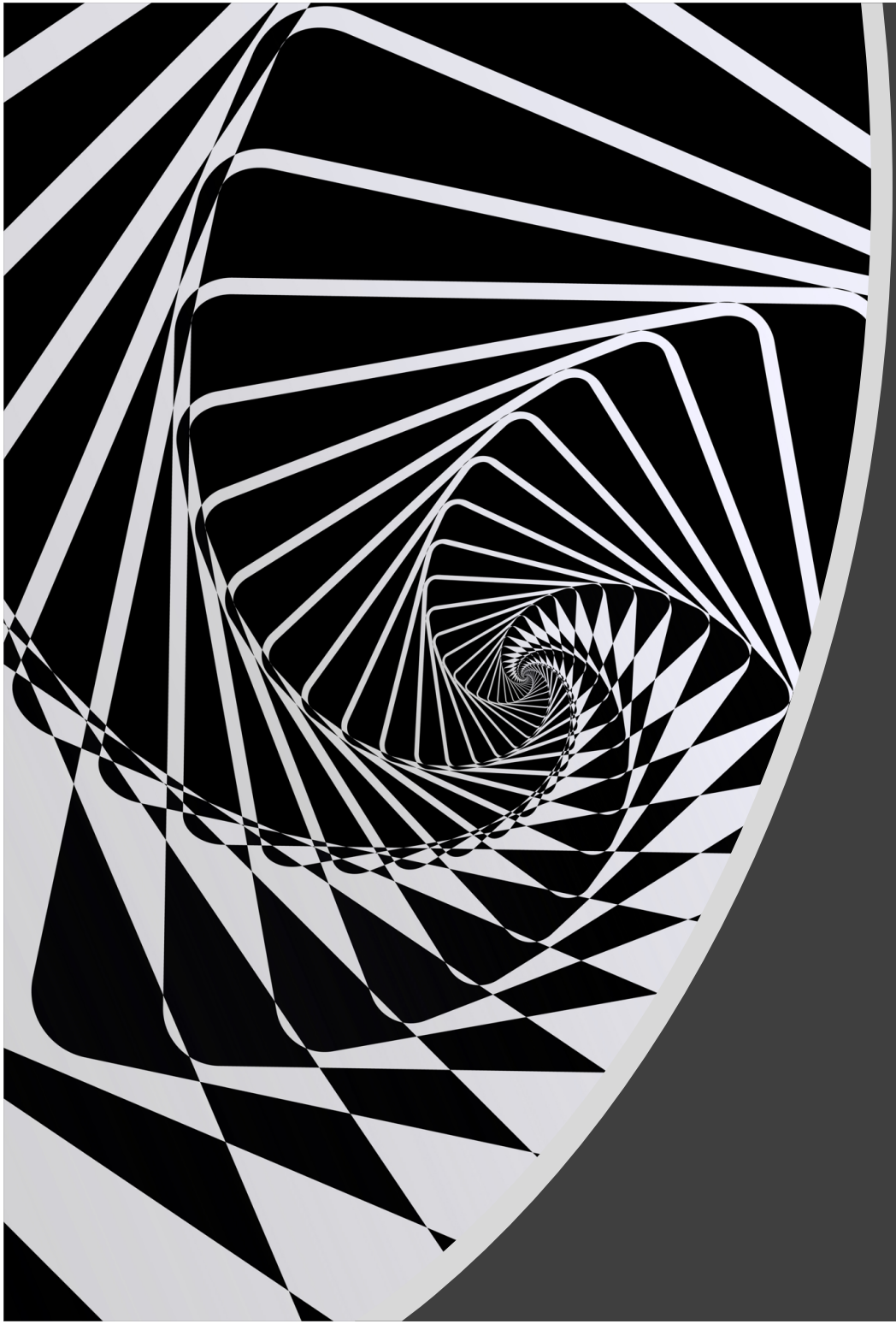
“You Said What?”

Hearing about a statement, action, or directive that is far enough from a listener’s expectation or usual way of operating that the listener thinks, or even says aloud, “You Said What?” (or some variant thereof, e.g., “Wow – how’d you think of that?” or “Far out!” or “Really – what happened?”)

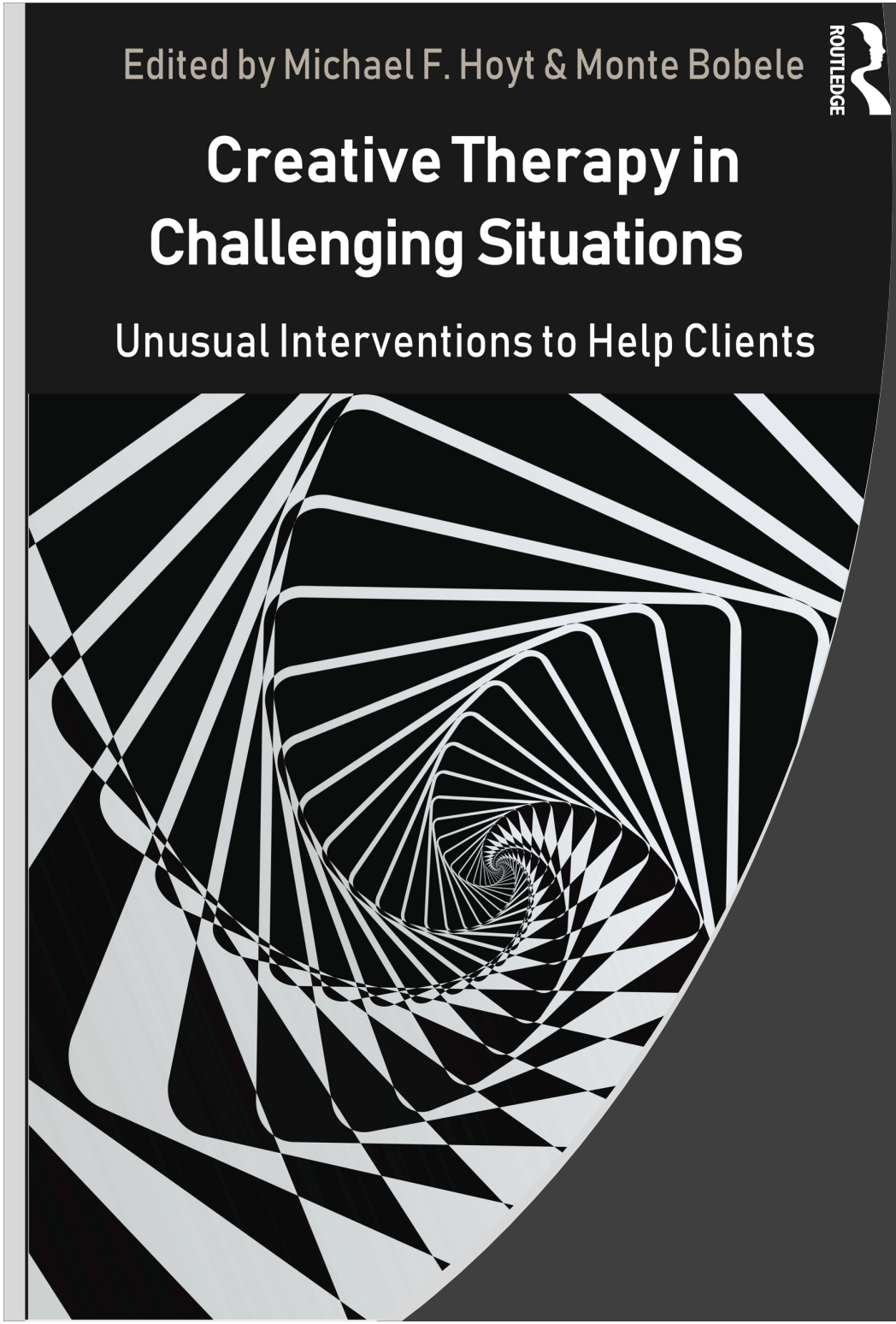


Examples

What YSW? Moments have you had?

Characteristics of YSW? Interventions

- ✓ Respect and Empathy
- ✓ Surprising and Attention-Grabbing
- ✓ Humor
- ✓ Context
- ✓ Acceptability
- ✓ Memorable



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