

Lao Tzu, Satir, Erickson-> Anxiety

Wei Kai & Eva



Topic

When Milton Erickson,
Virginia Satir, and Lao-Tse
Enjoy a Cup of Tea Together
-Integration of Western and
Eastern Somatic Centered
Approaches to treat Anxiety-

Objectives

1. Describe an Ericksonian Tai Chi trance.
2. Explain modern Satir stance dance.
3. Demonstrate exercise from Lao Tzu, Virginia Satir, and Ericksonian perspectives that help you to be flexible and transform anxiety into resources.

Understand Anxiety from Tao-Te Ching

- 道可道，非常道，名可名，非常名，无名，
天地之始，有名，万物之母。
- The Way that can be told is not a true
Way ; The name that can be named is not
the true name. The Nameless is the
beginning of heaven and earth ; The named
is the mother of ten thousand things.

Name your Anxiety (Utilization)

- Long ago, there is no psychological, professional term as anxiety.
- We create the name of anxiety, along with its symptoms.
- We can give the anxiety many different names. For example, monkey, rabbit, Godzilla, or rocket, etc..
- Externalize one's anxiety and make it visible and concrete, utilize anxiety.

老子处理孔子的焦虑(故事)

- 孔子适周问礼于老子,老子曰:“子所言者,其人与骨,皆已朽矣,独其言在耳!且君子,得其时则驾,不得其时,则蓬累而行



How Lao Tzu deal with anxiety from Confucius(Story)

- Confucius traveled to Zhou country, visited Lao Tzu and asked him about cultural rituals. Lao Tzu said to him, “Whatever you talked about, body fresh and bones will soon be gone, only voice left. When time is right, go for a ride. When time is not right, go for a walk.
- Go with flow, and be mindful.

孔子談論老子(隱喻)

- 鸟，吾知其能飞；鱼，吾知其能游；兽，吾知其能走。走者可以为罔，游者可以为纶，飞者可以为矢。至于龙，吾不能知，其乘风云而上天。吾今日见老子，其犹龙邪！

Confucius talked about Lao Tzu (metaphor)

- Bird, I know it can fly; fish, I know it can swim; animal, I know it can walk. We can catch the walking, the swimming, and the flying. As for dragon, we don't know how it move, it takes wind and cloud, and go high up to the sky. Now I see Lao Tzu, he is the unique dragon!
- Similar to Milton Erickson.



谷神章 第六

谷神不死，是
谓玄牝。玄牝
门，天地根。
绵绵若存，用
之不勤。



Formless Tao

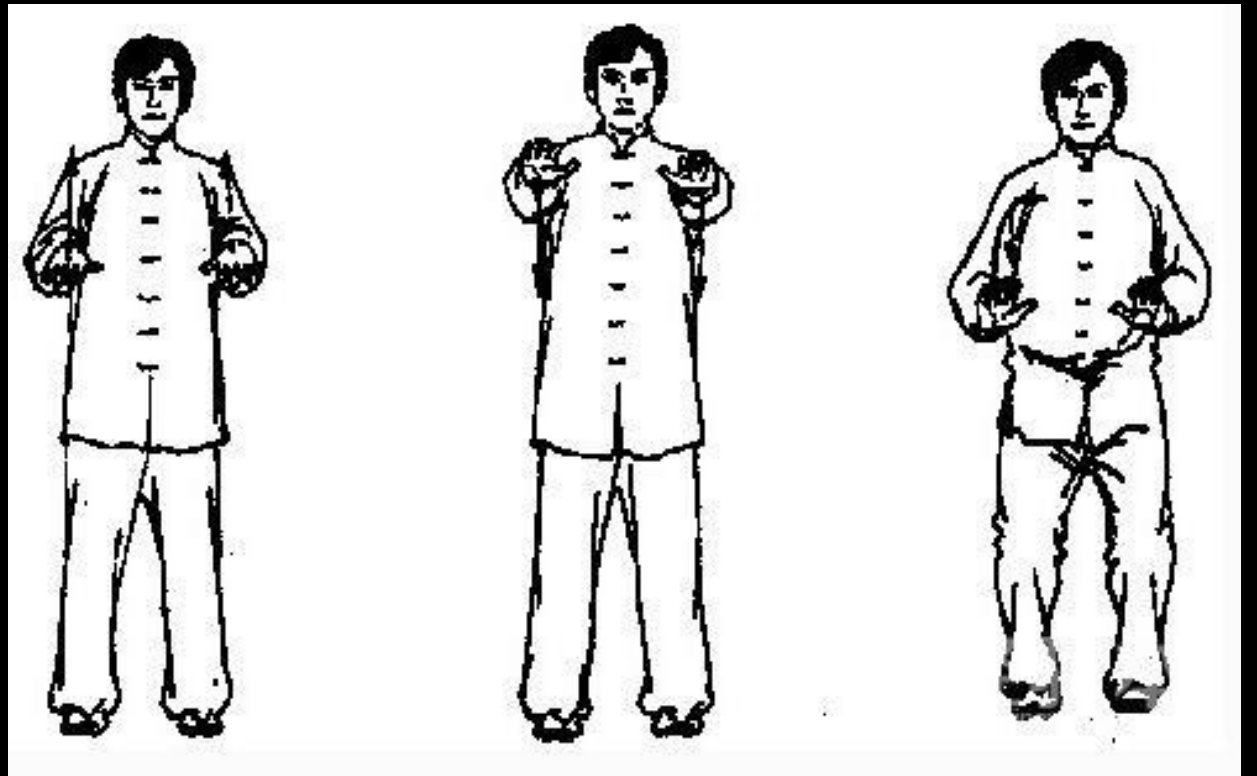
- The formless Tao never dies, it is called “Xuan Pin” (the primal mother). The gateway of Xuan Pin is the root of heaven and earth. Tao (The Way) moves within it; draw upon it; it will not run dry.

Make it experiential and evocative

- We all experience anxiety from time to time.
- We all experience relaxation or calmness sometimes.
- How can we create calmness when we feel anxious?
- Somatic approach from Tai Chi.
- From experiential to evocative: adding voice, sounds, gesture, posture, do it from body center.

Tai Chi starter

- Both hands on the side
- Breath in and both hands up
- Up to chest, extend out, breath out
- Close in, breath in
- Move down, breath out
- 4-5X Slower,
- Free style.



老子道德经二章

养生(抱持相反面)

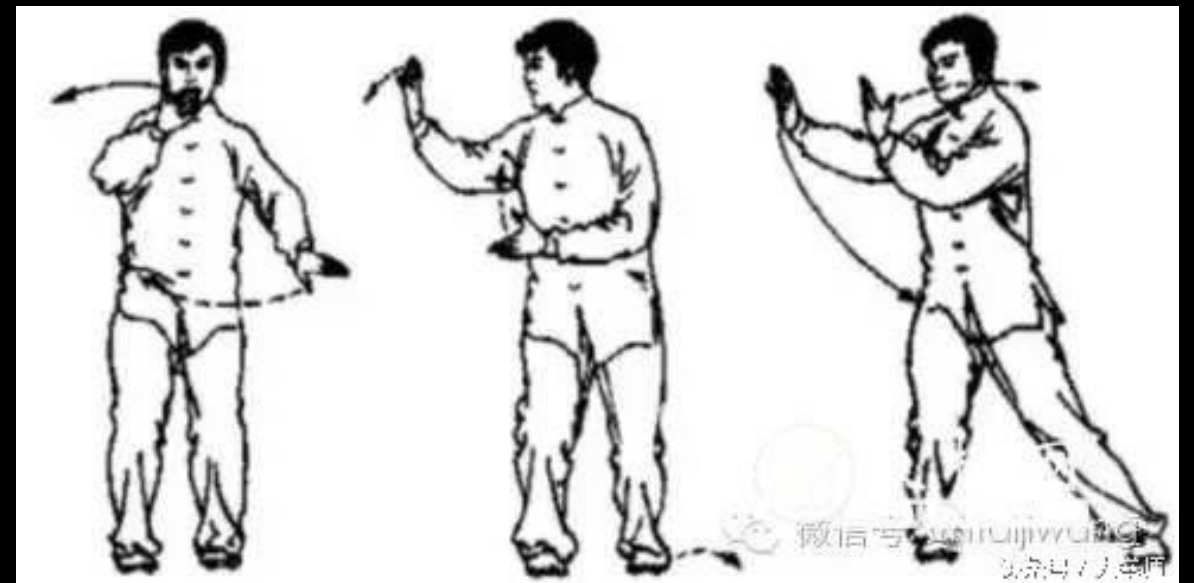
- 天下皆知美之为美，斯恶矣；皆知善之为善，斯不善已。故有无相生，难易相成，长短相形，高下相倾，音声相和，前後相随。
- 是以圣人处无为之事，行不言之教。万物作焉而不辞。生而不有，为而不恃，功成而弗居。
- 夫唯弗居，是以不去。

Tao-Te Ching(holding opposite)

- Through ugliness, we know what the beauty is; through badness, we know what the goodness is. Therefore, existence and non-existence arise together; difficulties and ease complement each other; long and short contrast each other. High and low rest upon each other; consonance and dissonance harmonize each other; front and back follow one another.
- Therefore, the sage remain being without doing anything, teaching without saying anything. Allow everything rise up, and not deny any of them. Creating, yet not possessing. Working, yet not taking credit. make success, then forgotten.
- Because you don't own or claim it, it lasts forever.

Cloud Hands

- Both hands holding a ball in front of chest
- Move to the right side, eye on right hand, right hand down
- Left hand up, move to the left side, eye on left hand
- Left hand down, right hand up, move to the right side, eye on right hand
- Keep going right and left



道德经十六章—归根

致虚极，守静笃；万物并作，吾以观复。夫物芸芸，各复归其根。归根曰静，静曰复命。复命曰常，知常曰明。不知常，妄作凶。知常容，容乃公，公乃王，王乃天，天乃道，道乃久，没身不殆。



Return to source (root)

- Empty yourself of everything. Rest your mind at peace. All things rise and fall, while we simply watch their return. All things grow and flourish, and then return to the source (root). Returning to its source is named stillness. Stillness is the way of Nature. Returning to stillness is named constancy. Knowing constancy is named wisdom.
- Not knowing constancy, then disaster comes. Knowing constancy, then you are open-minded. Open your mind, then your heart opens. Open your heart, then you act gracefully. Be graceful, then you experience heaven. Experience heaven, then you reach Tao. Tao is eternal. Body may die, Tao will never pass away.



Erickson Congress 2019

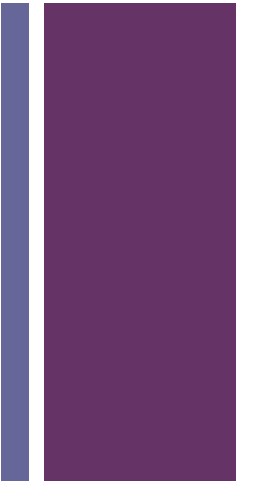
Presenter: Eva Wieprecht,
Director of the International Virginia Satir
Institute Germany



What is anxiety based on the Satir Model:

Anxiety is your body's natural response to stress/coping with stress.

It is a feeling of fear and apprehension about what's to come.





What is anxiety based on the Satir Model:

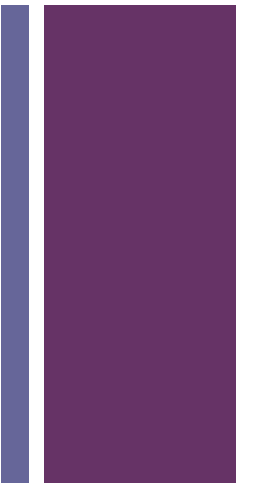
“When I am afraid about the future I cannot be in the here and now.”

-Virginia Satir-



What is anxiety based on the Satir Model:

Anxiety can also be defined as an involuntary, unwanted unconscious process that focuses the attention towards a fantasy about a negative future



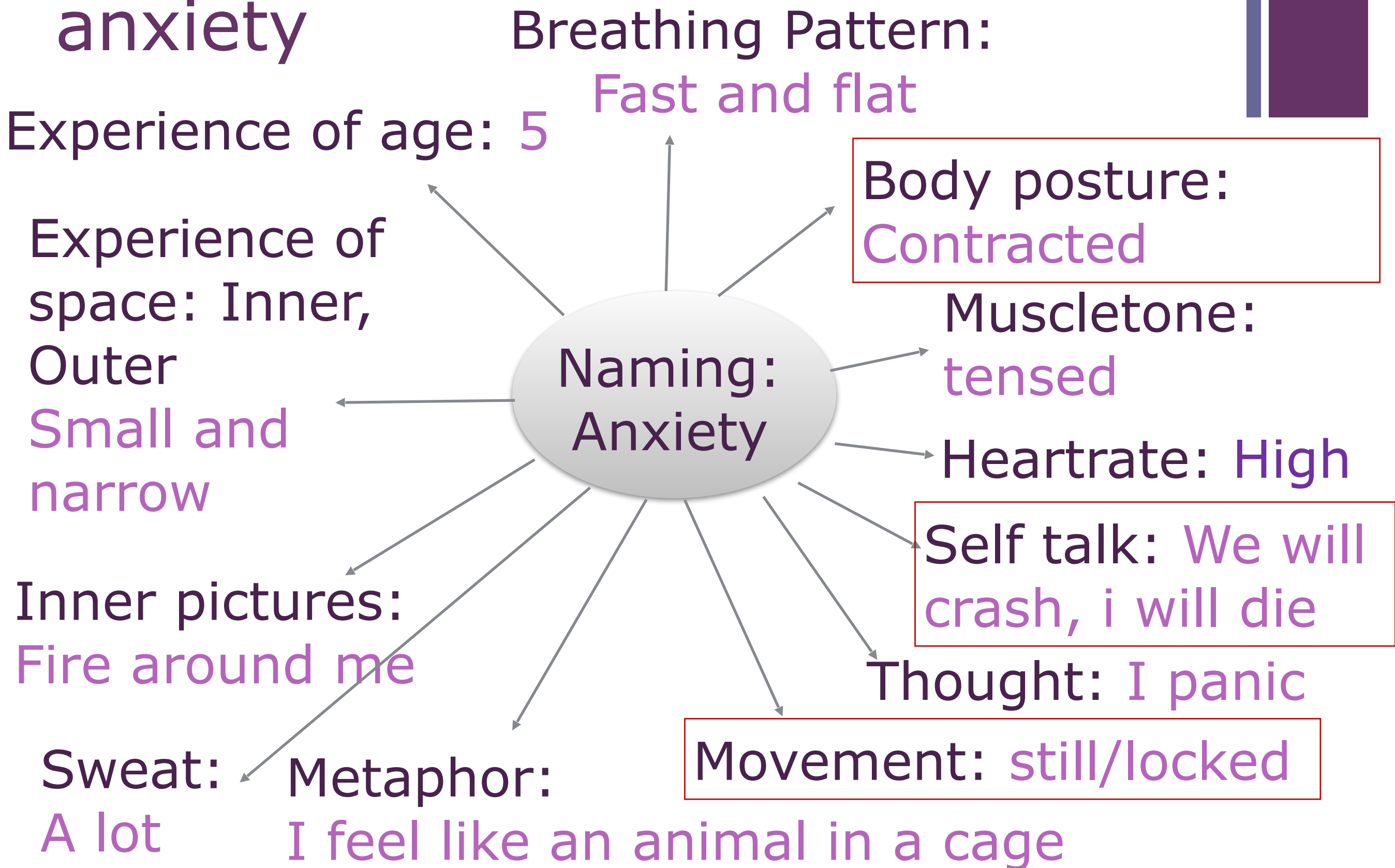
+ What is anxiety based on the Satir Model:

In that way anxiety can be seen as a „trance“ experience with a step by step induction towards an unwanted direction (“Problemtrance”)



**Illustration
of Paola Son Mi Lee**

+ “Problem Trance” structure of anxiety





From “Problem Trance” structure
to “Solution Trance”

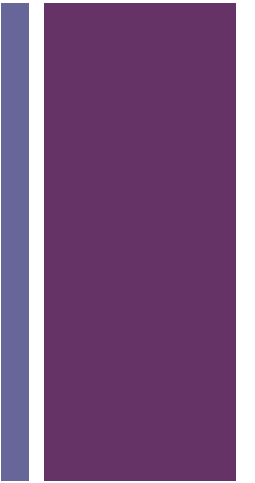
New choices can be introduced in
all areas of the learned and
generalized “Problem Trance”:
thought (naming)
breath
body coordination
self talk

.....





From “Problem Trance” to
“Solution Trance”



Activating Self steering
competencies:

Body stance/-coordination are
involuntary unconscious patterns
that can also be voluntarily and
consciously activated!



From “Problem Trance” to “Solution Trance”



Introduction of Interventions to the client that involve

- Body coordination
- Movement

to:

- Introduce resources/competencies
- to come in the **Here** and **Now!**



How do I know I am in the Here and Now?

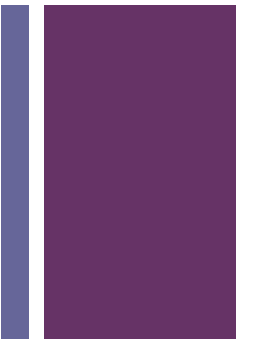
“Process of actively noticing new things in a moment in time.”

„Especially actively noticing new things about things you know about“

-Ellen Langer, Harvard Professor-



Actively notice something new: A Presence Practice



ME – HERE – NOW

ME – **HERE** – NOW

ME – HERE – **NOW**



Add your name to „me“ (notice difference)

*Add now **somatic movements** to the words
(notice difference)*



Actively notice something new:

Develop a new relationship with
“anxiety”

“I am anxious”, “I am afraid”

VS.

“There is a part/a side of me
that feels anxious”





V. Satir: Coping with Stress

*"The problem is not the problem
coping is."*

*"Behind every coping is a longing/
need."*

-Virginia Satir-



V. Satir: Coping with Stress

"Is often connected to the survival of the self.

*Coping stances often reflect a symptom.
A symptom is a dysfunctional solution to
a deeper level of conflict.*

*We can use it as a thermometer, as a
diagnostic tool. Coping is sometimes a
protection, a manifestation of the level of
self esteem indicating how people value
themselves in relation to self and others
and the experience in the here and now".*

-Virginia Satir-



V. Satir: Coping with Stress



Me

You

Blamer

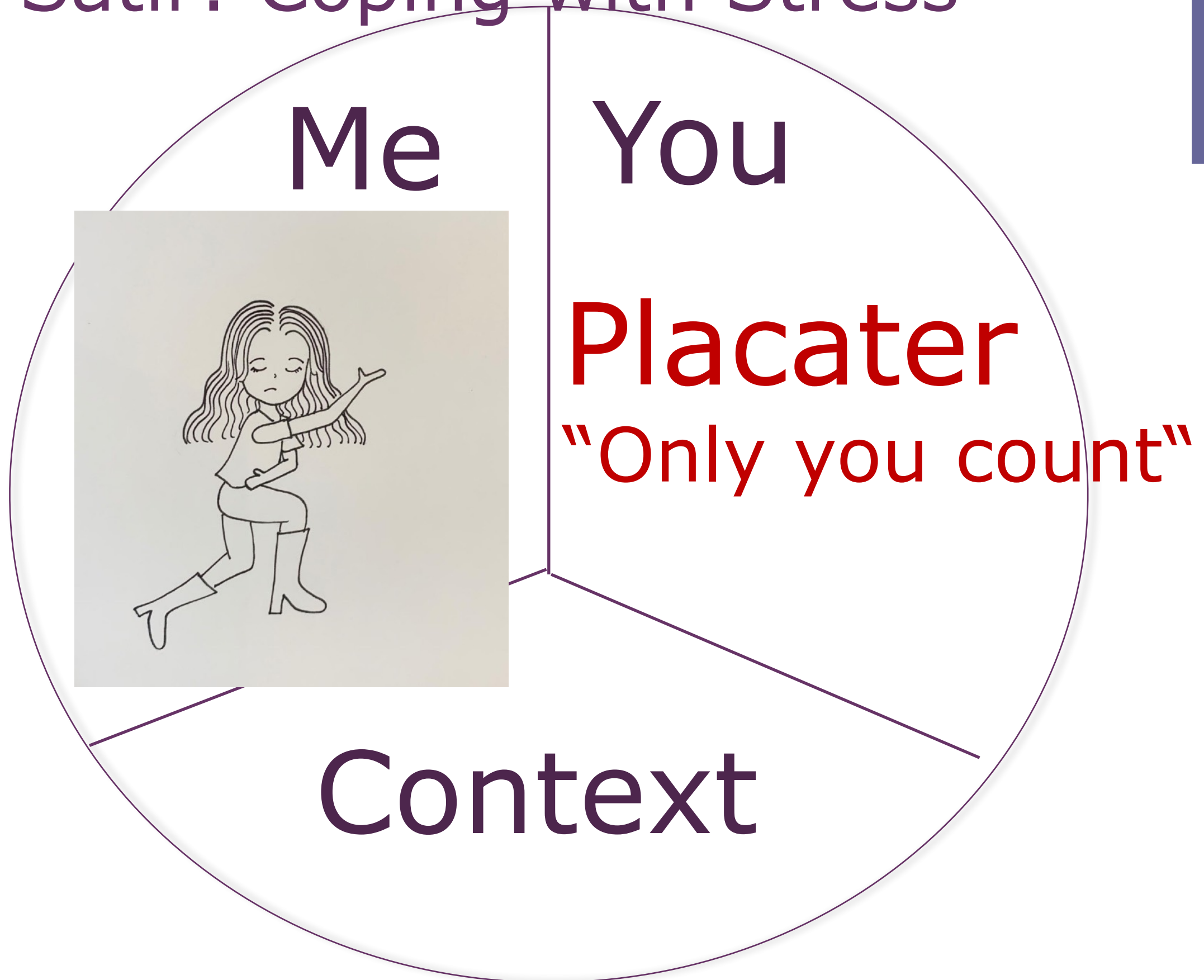
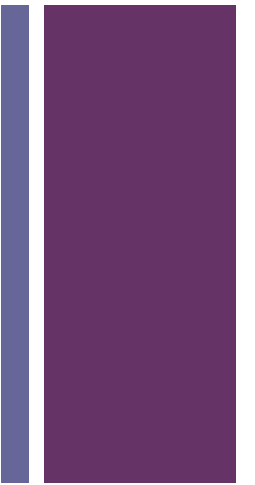
"You do not count"



Context



V. Satir: Coping with Stress





V. Satir: Coping with Stress



Computer

"People are dangerous"

Context

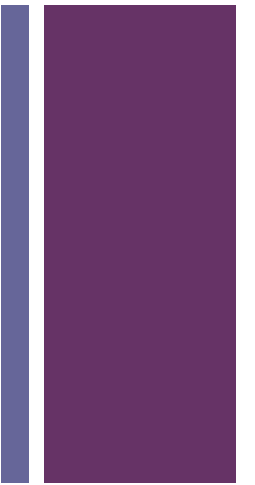


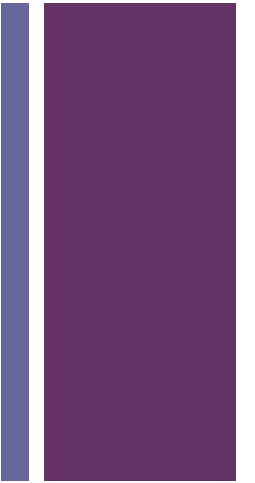
V. Satir: Coping with Stress

„Nothing counts“



Distractor





“Awareness leads to choice”

„Awareness is the first step. Then **experience**. Then third step is a **new integration**”

-Virginia Satir-



Somatic Centered Intervention: Stress-Stance–Dance Practice

Distractor posture to peaceful Warrior





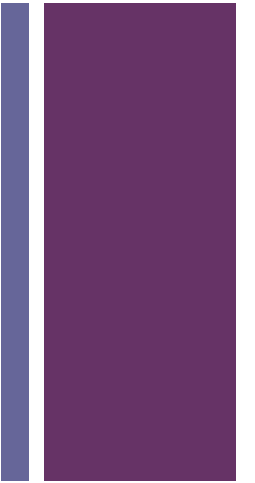
Making contact poem

*"I believe the greatest gift I can
conceive of having from anyone is
to be seen by them, heard by
them, to be understood and
touched by them."*

*"The greatest gift I can give is
to see, hear, understand and to
touch another person."*

*When this is done I feel
contact has been made."*

~ Virginia Satir



Mutual Trance

1. Preparation-Tai Chi Starter

2. Intervention-

1. Problem state

2. Resource state

3. Stance dance

3. Integration-Could hands

4. Gratitude and commitment

5. Reorientation

Q & A

+
**Thank you for your
presence!**

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Research:

Hölzel, B.K., Hoge, E.A., Greve, D.N., Gard, T., Creswell, J.D., Brown, K.W., Barrett, L.F., Vaitl, D., & Lazar, S. (2013). Neural mechanisms of symptom improvements in generalized anxiety disorder following mindfulness meditation training. *Neuro Image : Clinical*, 2, 448-458.

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Research:

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