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***The Brain Likes Novelty: How to Be***

***More Creative in Your Counseling***

**Four M’s of Impact Therapy: Multi-sensory, Motivational, Marketing, Maps**

**THE DEPTH CHART** (most sessions should go below 7)

10

9

8

7\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 impact

5

4

3

2

1

**RCFFC** (for individual, couple, and family counseling)

**RAPPORT** (connecting with the client and understanding his/her world)

**CONTRACT** (often this is implied; absolutely necessary for productive counseling)

**FOCUS** (often use creative techniques)

**FUNNEL** (theory driven)

**CLOSE (**zip person back up)

**EIGHT COMMON MISTAKES OF COUNSELORS**

1. Reflects much more than necessary

2. Listens to too many stories

3. Rarely interrupts the client

4. Does not focus the session

5. Waits too long to focus and funnel the session-- dawdles

6. Does not use theory--uses the "hope" method of counseling

1. Makes counseling boring--rarely uses creative techniques

8. Does not pay attention to client’s and his/her voice and face

**An effective impact therapist is *creative* and *courageous*.**

***Creative Techniques and Impact Therapy***

**FIVE KINDS OF CREATIVE COUNSELING** (for focusing and funneling)

**USE OF PROPS**

**USE OF CHAIRS**

**USE OF MOVEMENT**

**USE OF WRITING AND DRAWING**

**USE OF ANALOGIES AND FANTASIES**

***Props***

Shield $1 bill

Filter Exploding Coke Bottle

Cups Post it pads

Fuse Cards

Beer Bottle Tapes

Blocks Rubber bands

Plate Stacked dolls

Hammer In Face/Behind You

Tigger/Eeyore Rearview mirror

***Chairs***

Small child's chair Goals

Trying to decide between two things Distance

Representing others Ego states

Holding on to chair

***Movement***

Standing on the chair Feeling pulled

Fear of changing Evaluation of progress

Standing in the corner Movement between chairs

Out the door Going in circles

***Writing and Drawing***

TA drawings REBT disputing

Egograms Board of directors

Stroke economy Enmeshment

Lists 1-10 ratings

Safety Growth small box—bigger box