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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