FLOW IN THE PROCESS OF THERAPY

Frank D. Young Ph.D. R. Psych.

A 2-3 hr. workshop in integrating Flow concepts in psychotherapy to instill passion and joy in your work.

Milton Erickson's idea of how to plow a field: Create a design, then develop it. Concepts of Flow, to ensure every thing you do is emerging from a field of creativity and passion.

CONCEPTS OF FLOW

- Task can be completed, chunked small enough.
- Containment, absence of interruptions.
- Clear goals.
- Immediate feedback to ensure the observed is indicating genuine movement rather than mere fluctuation.
- Sufficient attraction to the task that you are removed from the tedium of everyday life.
- A sense of self-control in the face of challenging circumstances and tasks.
- As the ego dissolves, the sense of transpersonal Self and unity with others expands.
- A profound sense of time distortion as you become totally absorbed in the moment.

How would you try to change the way in which you do work and therapy to integrate the concepts of Flow into your life and that of your clients?

Given these factors, both known and unconscious, what guides your behavior at every point in the therapy process? Let's see what happens where the rubber meets the road, in some case vignettes where there is minimal information. Your response does not have to be perfect, brilliant, or anything like that. It merely needs to reflect who you are in a way that could match both where the client system is and where it has potential to be.

CASE EXAMPLES FOLLOW

Small subgroups discuss their approaches to each of 2 case vignettes with a narrative line or client statement, to which the therapist offers a response and its rationale or designed purpose. Sharing in this manner helps to flesh out the lines of approach discussed and exchanged earlier in the seminar, giving living examples to the other members of the group as to how we work and think from The Mind of the Therapist.

DISCUSSION, QUESTIONS, AND SUMMARY.