

GROUP THERAPY PROGRAMME

Presented and co-presented by:

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TOPICS:

1. Who am I?
2. Reclaiming my own personal identity
3. Narrative: My life story
4. Stages of development including childhood experiences and traumas
5. Different ego states and selves
6. Benevolent ego states and behaviour patterns
7. Functional and dysfunctional internal and external relationships
8. Goal setting, accepting my journey and the "new" me
9. Letting-go and closure
10. Acceptance
11. Forgiveness
12. Moving on: A Fresh beginning

TASKS AND THERAPEUTIC MODELS

1. REBT
2. CBT
3. Ego-state therapy and Gestalt therapy
4. Psycho analysis and inner child work
5. Topics of prime importance tackled during the therapeutic process:
 - Grief and loss
 - Anger and trauma
 - Guilt
 - Mindfulness
 - Letting-go and living in the "now"
6. Psychometric testing including mood charts.

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Therapeutic techniques proved to be
most beneficial
in an
Acute Psychiatric Facility

Elise Beeby

Clinical Psychologist

❖ Who am I

Life story. Focus on internal process.

❖ Egostate Collage/ poster

If patient battles suggest A Dream collage. Plant a seed.

Explain masks, different selves, roles to assist patient.

❖ Owning different parts and ego strengthening exercises and techniques. Focus on inner voices,

Thoughts

Feelings of different parts

(Mood Charts, Journaling, free writing (which part spoke), drawing, painting etc.

Drumming the different parts

Make use of projective techniques (Rorschach) etc.

❖ Identifying the Benevolent Egostate (anxiety, depression etc.)

WRITE A LETTER TO MY DEPRESSION

(Focus on):

- Origin (Triggers)
- Evaluate thoughts and beliefs
- Emotions + Experiences
- Consequences
- Safety behaviour
- Coping skills
- Assumptions
- Predictions

Select animal / insect / symbol / name representing benevolent state. Focus on purpose of state,

Focus on medical hypno analysis and Egostate meditation and hypnotherapy techniques.

Complete REBT work sheet.

Do exposure therapy

- Reframe
- Dispute

- ❖ Identify the wise part (adult). Focus on inner strength, wisdom, peace living in the now, forgiveness, thanks giving, mindfulness, letting go

Complete REBT work sheet as the wise part.

- ❖ Experimentation / Create difficult situation. Set reasonable goals.

Let patient identify part that represents wisdom and fear for example in their body.

Regress patient back to difficult situation. Allow wise part to take over. Focus on inner child work. Tap into wise part. Release, reframe

- ❖ Exposure therapy

Expose patient intensify feeling of fear. (Dispute)

- ❖ Ask patient to enter into an agreement with him / herself

Goal setting

Mindfulness

Thanksgiving

Living in the now.

Dumping ritual, essential for closure

- ❖ New me. Beginning again

My purpose and goal.

I am

.....
.....
..... and have
.....

- ❖ Delearn and repeat (maintenance)

- ❖ Support and Acceptance. (Motto)

14 EBT

A (ACTIVATING EVENTS OR ADVERSITIES)

- Briefly summarize the situation you are disturbed about (what would a camera see?)
- An A can be *internal* or *external*, *real* or *imagined*.
- An A can be an event in the *past*, *present*, or *future*.

IB's (IRRATIONAL BELIEFS)

D (DISPUTING IB'S)

C (CONSEQUENCES)

Major unhealthy negative emotions:

Major self-defeating behaviors:

- Unhealthy negative emotions include:
- Anxiety
 - Depression
 - Shame
 - Anger
 - Rage
 - Hurt
 - Jealousy
 - Guilt
 - High Frustration

E (EFFECTIVE NEW PHILOSOPHIES)

E (EFFECTIVE EMOTIONS & BEHAVIORS)

New healthy negative emotions:

New constructive behaviors:

To identify IB's, look for:

- DOGMATIC DEMANDS (musts, absolutes, shoulds)
- AWFULIZING (it's awful, terrible, horrible)
- LOW FRUSTRATION TOLERANCE (I can't stand it)
- SELF/OTHER RATING (I'm / he / she is bad, worthless)

To dispute ask yourself:

- Where is holding this belief getting me? Is it *helpful* or *self-defeating*?
- Where is the evidence to support the existence of my irrational belief? Is it *consistent with social reality*?
- Is my belief *logical*? Does it follow from my preferences?
- Is it really *awful* (as bad as it could be)?
- Can I really not stand it?

To think more rationally, strive for:

- NON-DOGMATIC PREFERENCES (wishes, wants, desires)
- EVALUATING BADNESS (it's bad, unfortunate)
- HIGH FRUSTRATION TOLERANCE (I don't like it, but I can stand it)
- NOT GLOBALLY RATING SELF OR OTHERS (I—and others—are fallible human beings)

Healthy negative emotions include:

- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Moderate frustration

BWRT Protocol

1. Close your eyes and think about the worst memory you have of XY or Z
2. Go right into this memory, take yourself right back there, don't watch it on the TV screen go right into it, you are **IN** the movie. When you have it in your mind lift your finger to let me know you can see it.
3. Notice what you are feeling, where you are feeling it. (Remember to keep the patient ASSOCIATED and REACTIVE). Now on a scale 0 to 10 where 0 is not upsetting and 10 is very upsetting, how upsetting is this memory to you right now? (THIS IS THE PAL SCORE)
4. (tell the patient to tell you the score)
5. (if 8 and above, continue. if not ask them to find a memory of the same issue that feels like an 8 or above)
6. Now slowly zoom in to the worst **moment** of this entire bad memory and let me know with your finger when you have it.
7. Now FREEZE it! Make it ABSOLUTELY STILL, press PAUSE the DVD, turn everything into STONE STATUES etc. etc. (It is critically important to use **intensity in your voice here . A normal therapeutic voice will not work well here**).
8. Now keep this frozen part in your mind and create a new memory of what you would have wanted to happen at that time, preferred to have happened, would have liked to have happened. Create a memory that makes you feel better about yourself, that makes you feel more confident, stronger, in control NOT helpless. Create a REALLY POWERFUL memory now.(The same rule applies if you are using **Rolling Road**).**If the situation is ongoing then the patient must change their reaction to the situation**)
9. When you have this in your mind let me know with your finger.
10. Now if this new memory makes you feel better, **lift your finger** to let me know.
11. (if yes continue, if no, stop and explore **why** the preferred memory is not making them feel better. By definition it should.)
12. Now visualize this better feeling in your brain, give it a beautiful/special colour.
13. And now imagine it flowing from your brain down into your body, completely replacing the old bad feelings.
14. Now think about where you are right now, e.g. you are in this office, on the chair, listen to the sounds outside.(the moment of now)
15. Now we are going to do the really clever part.
16. I want you to create a memory of something that hasn't happened yet, and then remember it like its already happened. That's easy to do. I want you to jump to the future. It could be tomorrow, it could be next week and I want you to create a FANTASTIC MEMORY of you looking back and remembering the time you realized that your therapy had been AMAZINGLY successful and that you had completely overcome your phobia/challenge/situation.(use **intensity/excitement** in your voice here).
17. When you have that in your mind let me know by **lifting your finger**.
18. Now slowly zoom into the best part of this BEST memory. Let me know when you've got it by lifting your finger.
19. **(DO NOT tell them to freeze this part)**

20. (**NOW start the second loop.** The second loop is still at normal speed). This is so YOU can check that they have the images in their mind)
21. Go back to the old frozen memory. Let me know by lifting your finger.
22. Now go forward to the better memory you have created that makes you feel stronger, more confident and in control. Let me know when you can see it.
23. Send that better feeling flowing through your body.
24. Think about where you are right now.
25. Jump to that fantastic memory in the future.
26. Zoom into the best moment and let me know when you can see it by lifting your finger.
NOW LOOP ALL THE WAY BACK TO THE OLD FROZEN MEMORY.
27. **NOW START THE NEXT 4 OR 5 LOOPS. REPEAT STEPS 22 TO 25 AS FAST AS YOU CAN FOR FOUR /FIVEMORE LOOPS. DON'T FORGET TO USE LINKING WORDS E.G. 'LOOP ALL THE WAY BACK TO THE OLD FROZEN MEMORY', NOW 'FLOW / JUMP FORWARD TO THE BETTER MEMORY', 'LET THE BETTER FEELING FLOW THROUGH YOUR BODY', 'NOW JUMP/FLOW/RUSH FORWARD TO THE FANTASTIC MEMORY IN THE FUTURE AND REMEMBER IT LIKE ITS ALREADY HAPPENED, AND THEN LOOP ALL THE WAY BACK TO THE FROZEN BAD MEMORY'. (X 4 WITH SPEED AND INTENSITY). Remember there is no finger lifting once you start the fast looping. It is only for the first 2 slow loops.**
28. Now let these pictures loop around inside your head and let them slowly fade away into where they supposed to fade away into and when you are ready you can open your eyes.
29. (Patient opens their eyes)
30. Make small talk for 2 – 5 min. (This is the consolidation phase)
31. Now ask the patient about their bad memory and which part they froze and whether they managed the freeze strongly.
32. Ask them about the preferred memory, and **check for 2PF** and whether the memory is **directly linked to the bad frozen memory.**
33. Ask them about the Future Fantastic Memory.(REMEMBER THIS CAN BE ANY HAPPY MEMORY. DOESN'T HAVE TO BE LINKED TO THE FROZEN MEMORY AT ALL). IF everything is in order, proceed to next step.
34. **Now can you close your eyes again** please and go back to the old frozen memory and when you get it in your mind let me know. Out of 10 how upsetting does that feel to you .THIS IS PAL 2 (if it's 3 and below, you may end the therapy. If not, COMMENCE **INTERACTIVE RE-ENFORCEMENT(IR)** UNTILL THE PAL DROPS SIGNIFICANTLY OR YOU MAY WANT TO REDO THE LOOPS AND REDO THE FREEZE).
35. **Remember with IR it is much slower and checking the feelings at each stage viz preferred memory and future memory and the PAL at the old,frozen memory.**
36. **Stop whenever you have reached 3 or less.**

WELL DONE