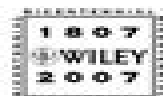


Healing with Stories

Your Casebook Collection
for Using Therapeutic Metaphors

Edited by

George W. Burns



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Healing With Stories Your Casebook Collection For Using Therapeutic Metaphors

Johanna Slivinske, Lee Slivinske



Healing With Stories Your Casebook Collection For Using Therapeutic Metaphors:

Healing with Stories George W. Burns, 2007-08-27 An invitation to observe and learn the therapeutic art of storytelling Healing with Stories brings together a stellar collection of some of the world's most prominent practitioners taking you inside their thinking and processes for working with metaphors They represent the panorama of metaphor practice in psychotherapy today with considered humorous and compassionate case examples that step you through the intricacies for replicating their work in your own This is a book for family therapists who work with children adults and families as well as for hypnotherapists cognitive behavioral therapists narrative therapists dynamic therapists solution focused therapists and child therapists In fact all therapists who wish to communicate their therapeutic messages with the greatest effectiveness will find this book to be an essential and useful clinical tool Contributors include Richard Kopp Julie H Linden Mikaela J Hildebrandt Lindsay B Fletcher Steven C Hayes Michael D Yapko Valerie E Lewis Gregory Smit Joy Nel Christine Perry Joyce C Mills Rubin Battino Carol A Hicks Lankton Wendel A Ray Jana P Sutton Robert McNeilly Roxanna Erickson Klein Angela Ebert Hasham Al Musawi Teresa Garcia Sanchez George W Burns Praise for Healing with Stories George Burns has done an expert job of compiling a definitive work that demystifies the ever versatile metaphor Whether you are a novice or an expert clinician you will find a treasury of story interventions along with the inside scoop on how each was created and applied to bring success in nineteen unforgettable case chapters Better yet you'll be able to create your own healing metaphors thanks to the expert guidance of a wide range of talented storytellers Don't miss out on this one Maggie Phillips PhD author of Finding the Energy to Heal and coauthor of Healing the Divided Self If you want to be inspired entertained and enlightened Healing with Stories is the book to read George Burns a master storyteller has assembled a creative diverse group of clinicians to share their ideas about how metaphor can be used with a variety of problems and clients The result is a fascinating array of insights into metaphor's role in the healing process Richard G Whiteside MSW author of Becoming Dragon

Using Trauma-Focused Therapy Stories Pat Pernicano, 2021-08-29 Using Trauma Focused Therapy Stories is a groundbreaking treatment resource for trauma informed therapists who work with abused and neglected children ages nine years and older as well as their caregivers The classic edition includes a new preface from the author reflecting on changes in the field since the book's initial publication The therapy stories are perfect accompaniments to evidence based treatment approaches and provide the foundation for psychoeducation and intervention with the older elementary aged child or early pre teen Therapists will also benefit from the inclusion of thorough guides for children and caregivers which illustrate trauma and developmental concepts in easy to understand terms The psychoeducational material in the guides written at a third to fourth grade reading level may be used within any trauma informed therapy model in the therapy office or sent home for follow up Each therapy story illustrates trauma concepts guides trauma narrative and cognitive restructuring work and illuminates caregiver blind spots the caregiver stories target issues that often become barriers to family trauma recovery No

therapist who works with young trauma survivors will want to be without this book and school based professionals social workers psychologists and others committed to working with traumatized children will find the book chock full of game changing ideas for their practice *Handbook of Play Therapy* Kevin J. O'Connor, Charles E. Schaefer, Lisa D.

Braverman, 2015-11-23 A complete comprehensive play therapy resource for mental health professionals *Handbook of Play Therapy* is the one stop resource for play therapists with coverage of all major aspects written by experts in the field This edition consolidates the coverage of both previous volumes into one book updated to reflect the newest findings and practices of the field Useful for new and experienced practitioners alike this guide provides a comprehensive introduction and overview of play therapy including theory and technique special populations nontraditional settings professional and contemporary issues Edited by the founders of the field each chapter is written by well known and respected academics and practitioners in each topic area and includes research assessment strategies and clinical application This guide covers all areas required for credentialing from the Association for Play Therapy making it uniquely qualified as the one resource for certification preparation Learn the core theories and techniques of play therapy Apply play therapy to special populations and in nontraditional settings Understand the history and emerging issues in the field Explore the research and evidence base clinical applications and more Psychologists counselors marriage and family therapists social workers and psychiatric nurses regularly utilize play therapy techniques to facilitate more productive sessions and promote better outcomes for patients *Handbook of Play Therapy* provides the deep practical understanding needed to incorporate these techniques into practice *Essentials of Hypnosis* Michael D. Yapko, 2014-10-03 *Essentials of Hypnosis* Second Edition provides a warm and rich introduction to the fascinating field of hypnosis by one of its leading experts Readers may be surprised to discover that some of the most important methods in modern integrative health care have a foundation in hypnosis and that modern neuroscience is regularly learning new things about brain functioning from brain scanning studies of hypnotized individuals The emphasis in *Essentials of Hypnosis* Second Edition is on the use of hypnosis as an effective tool of treatment Thus readers will enjoy and benefit from the wealth of clinical insights and helpful hints Dr Yapko offers for the skilled use of hypnotic principles and methods The essentials of this dynamic field are well captured in this practical volume **EBOOK:**

Counselling Skills: A Practical Guide for Counsellors and Helping Professionals John McLeod, Julia McLeod, 2011-04-04 For anyone in a caring facilitative or managing role *Counselling Skills* provides a uniquely comprehensive accessible and practical guide to interpersonal helping It introduces a way of working that is both focused and personalised tailored to an individual client s specific goals and preferences The book will be invaluable to anyone who wants to help others deal with their problems Mick Cooper University of Strathclyde UK Not everyone possesses the skills required to ensure that professional communication is compassionate and supportive but the skills can be learned and this book on *Counselling Skills* provides just the resource needed Its authors have the experience as practitioners and teachers to

imbue the text with wisdom derived from life academia and counselling The book is carefully crafted and beautifully written it includes exercises and examples that enhance learning it is comprehensive and completely relevant for anyone who seeks to use counselling skills competently in their work Professor Sue Wheeler University of Leicester UK The book offers a sound and accessible introduction for anyone considering formal counselling skills training As a bereavement counsellor I will gladly keep a place for this book on my bookshelf as it offers a useful refresher in basic skills I would certainly recommend it to colleagues within pastoral caring roles and other caring professions Sally Smith Counselling Psychology student at The University of Wolverhampton UK This bestselling book is designed to help counselling trainees acquire and develop the skills and techniques needed to have therapeutic impact with their clients It also provides those in the helping professions with an easy to follow model of embedded counselling that provides tools and strategies for offering counselling relationships within a diversity of work settings The new edition is thoroughly revised and features nine new chapters addressing such topics as an A Z of practical counselling skills dealing with difficult relationships issues caused by cultural diversity or life transitions and issues in loss and bereavement The book also covers Key counselling skills such as caring listening questioning and reframing reflection attunement to a client challenging and giving advice Building a counselling relationship Developing understanding of clients issues Resolving difficult feelings and emotions Ethical principles of counselling practice Working together to change behaviour Counselling Skills 2nd edition is packed with exercises and information on recent studies to help readers relate theory to their own practice Written in an accessible engaging style with numerous case examples this book is suitable for students taking courses or modules in counselling skills counsellors in training and any professionals who may provide counselling support within their roles including teachers doctors community workers social workers and nurses

Using Hypnosis with Children Lynn Lyons, 2015-09-03 How to create and deliver effective hypnotic interventions with children From the initial interview to creating the best metaphors Using Hypnosis with Children is a practical step by step guide that shows health care providers including therapists nurses pediatricians dentists and educators how to create and deliver hypnotic interventions that are customized and effective into their pediatric clinical work with utilization and flexibility as key components to an overall treatment approach Using case examples of language for all age groups readers learn first how to identify the salient targets or themes deliver a session that hits these targets with precision and then connect the session to the child s everyday experience More broadly readers learn to use hypnosis as a way to help create new neural pathways teach self regulation introduce a more internal locus of control and develop positive interpersonal experiences Chapters focus on the most common issues that children face including anxiety depression medical procedures pain and sleep *Happiness, Healing, Enhancement* George W. Burns, 2009-12-21 Praise for Happiness Healing Enhancement Filled with good strategies based in research compelling case material and most importantly practical advice this book belongs in the library of everyone interested in what it means to live well It provides not only ample food for

thought but for action Christopher Peterson Professor of Psychology University of Michigan If you are a therapist a coach or if you want to help yourself and others flourish then this book is a must read It is an important theoretical and practical contribution to the field of positive psychology and in fact to the field of psychology as a whole Tal Ben Shahar author of Happier and The Pursuit of Perfect A practical guide to applying the principles of positive psychology in your mental health practice Edited by internationally recognized psychologist author and therapist trainer George Burns Happiness Healing Enhancement Your Casebook Collection for Applying Positive Psychology in Therapy provides thought provoking yet realistic and practical contributions from practitioners of positive psychology from around the world who share how they have translated solid positive psychology research into sound clinical practice Organized to make searching for a particular diagnostic category or therapeutic outcome fast and easy this guide features Contributions from some of the world's foremost positive psychology clinicians researchers and teachers including P Alex Linley Betty Alice Erickson Robert Weis Antonella Delle Fave Richard G Tedeschi Robert Biswas Diener Michael D Yapko and Bill O Hanlon Examples and strategies including a Putting It into Practice feature that illustrates how readers can immediately apply the therapeutic applications covered in each chapter Building on the proven benefits of the positive psychology movement Happiness Healing Enhancement will teach you new skills that will strengthen your practice of therapy and equip your clients with the pathways to overcome challenging problems and live a full satisfying life **Better Than Ok** Dr. Helen Street, Neil Porter, 2014-06-01 This is a book of up to date strategies for helping children from their earliest years into adulthood and is all about helping kids do more than just survive these are strategies to help kids flourish These solution focused and easy to read essays are by 27 of the world's top experts in positive education Learn to help children develop a lifelong love of learning with this practical and positive guide Contributors include Michael Carr Gregg Maggie Dent Andrew Fuller and Tim Sharp

FAIRY-TALE THERAPY: SCIENTIFIC AND METHODOLOGICAL ASPECTS Kazachiner Olena, Boychuk Yuriy, Halii Alla, 2022-09-19 In our distant childhood mothers and grandmothers told us fairy tales not suspecting perhaps that by doing so they used one of the most effective methods of psychological correction fairy tale therapy A fairy tale is a means of introducing a child to the world of human destinies to history this is the golden key to changing the environment its creative constructive transformation The child half lives in an imaginary unreal world and not just lives but actively acts in it rebuilding it and himself It is from this treasury that he draws information about the reality that he does not yet know the features of the future about which he still does not know how to think 12 Surprisingly simple but at the same time instructive stories were breathtaking plunging the world of dragons woodpeckers brownies beautiful princesses and evil witches Are these simple stories simple as it seems at first glance Is it just an entertainment tool or a universal educational program that helps children to settle in this difficult world The process of fairy tale therapy allows the child to actualize and realize his problems as well as to see different ways to solve them 12 p 84 A fairy tale metaphor due to its inherent special properties

turns out to be a way of building mutual understanding between children and an attitude towards oneself as an individual. In fairy tales you can find a complete list of human problems and ways to solve them. Fairy stories contain information about the dynamics of life processes. Therefore a fairy tale can give a symbolic warning about how the situation will develop, which is important in corrective work. 118 p. 35 K. I. Chukovsky believed that the purpose of a fairy tale is to educate a child in humanity, this marvelous ability to worry about other people's misfortunes, to rejoice in the joys of another, to experience someone else's fate as one's own. After all, a fairy tale improves, enriches and humanizes the child's psyche, since a child listening to a fairy tale feels like an active participant in it and always identifies with those of its characters who fight for justice, goodness and freedom. A fairy tale is a means of working with the inner world of a child, surprising in terms of the strength of its psychological impact, a powerful tool for development. It is the psychological content of fairy tales, the symbolic reflection of psychological phenomena that make folk tales an indispensable tool for influencing a person. 12. A school psychologist constantly asks himself two questions: What and How. In the sense that every day, in the case of providing psychological assistance to a child, a specialist tries to figure out what is actually happening and how to help a small client overcome the difficulties that have arisen. Searching for the answer to the question what are carried out with the help of various methods of psychodiagnostics: observation, conversations with parents and teachers etc. But when the answer to the first question becomes more or less clear, the question how arises with all its cast iron simplicity and inaccessibility. At this stage many school psychologists unfortunately give in, because it is necessary to move from diagnostics to full of surprises and risk the path of psychocorrection and psychotherapy. The enrichment of practical psychology with new means of effective work with children provided in particular by such a direction as fairy tale therapy is a gratifying fact of the last decade. Now to the notorious question how found one of the beautiful and effective answers. The developing and psychotherapeutic potential of fairy tales, for all its obviousness, was not used enough by the practical psychology of education. But fairy tale therapy is effective in working not only with preschoolers or younger students but also with teenagers and high school students. Moreover, there are psychotherapeutic fairy tales for teachers. Even a simple reading of fairy tales, especially specially created ones, gives an amazing effect and helps a person overcome various life difficulties. Fairy tales are important to child development, both educationally and psychologically, and have been shown to be therapeutically efficacious. O. Breusenko, Kuznetsov G., Nyzhnyk D., Sokolov L., Terletska N., Tsybulya and others are developing the method of fairy tale therapy in Ukraine. Studies by L. S. Vygotsky, O. V. Zaporozhets, N. S. Karpinskaya showed that a fairy tale is vital to a child and it is a means for him to know the world around him and himself. In recent literature, fairy tales are often the object the study attracts the attention of representatives of various schools and branches of science, in particular folklorists, literary critics, psychologists etc. A fairy tale needs a thorough new look using effective tools. In this regard, the study of issues related to the analysis of fairy tales as a psycho-corrective method of psychological assistance to preschoolers in terms of psychological

and pedagogical aspects is appropriate The research of the above experts is about the possibility use of the method of fairy tale therapy not only in psychological but also in pedagogical practice for didactic and developmental purposes As for application of this method in the professional activities of a psychologist the research on this subject is just beginning to appear on the pages scientific publications Yes the possibility and feasibility of using fairy tale therapy in socio pedagogical practice indicate S Savchenko O Ivanovska N Shkarin and others who consider the fairy tale as a wonderful social pedagogical means of socialization development and education of personality At the present stage of development of education the problem of increasing the number of children with behavioral disorders and accordingly the problem of preventing and overcoming school non adaptation manifested in low performance deviations from norms of behavior difficulties in relationships with others Central in the correctional education of schoolchildren is the optimization of children s activities The method of fairy tale therapy allows solving a number of problems that arise in children of different ages The process of fairy tale therapy allows the child to actualize and realize their problems as well as see different ways to solve them *Therapeutic Storytelling for Adolescents and Young Adults* Johanna Slivinske, Lee Slivinske, 2014 The healing power of narrative and its intertwining with expressive arts enable this book to provide professionals with knowledge needed to assist adolescents and young adults overcome personal and social issues using strengths based storytelling A companion website contains printable storytelling worksheets color photographs for phototherapy and additional resources and websites

Awareness in Action Phylis J. Philipson, Juneau Mahan Gary, 2015-07-30 Awareness in Action is a user friendly text workbook designed for undergraduate and graduate students pursuing mental health degrees e g counseling psychology and social work and other human relations professions e g medicine nursing public administration and business It has been used successfully by trainers for professional development seminars in human relations Awareness in Action uses group based experiential exercises to enhance self awareness in professional and personal relationships in order to improve the quality of both types of relationships It is grounded in the research of cognitive behavior therapy CBT solution focused therapy SFT group work theory and wellness theory widely used and accepted by mental health clinicians Process-Oriented Hypnosis Michael D. Yapko, 2021-05-05 Winner of the 2021 Arthur Shapiro Award for Best Book on Hypnosis from the Society for Clinical and Experimental Hypnosis In Process Oriented Hypnosis internationally recognized psychologist Michael D Yapko provides clinicians with a new framework for utilizing hypnosis with clients Yapko encourages clinicians to take a broader perspective in which patterns rather than individual symptoms are the emphasis of therapy He offers numerous insights into ways clinicians can hone in on the process of how people come to suffer various types of emotional distress Beyond these insights Process Oriented Hypnosis provides highly practical information and specific examples for integrating this innovative perspective into clinical work The key patterns of human experience are central to the first section of the book providing a sound conceptual foundation and a wide range of examples In the second section Yapko provides ten richly

structured hypnosis session transcripts for clinicians to insightfully adapt to their clients needs Process Oriented Hypnosis offers clinicians a fresh perspective for working with clients that can be integrated into many different treatment models

Handbook of Medical and Psychological Hypnosis Gary Elkins, 2016-07-25 A unique state of the art interdisciplinary resource on clinical hypnosis in psychology and medicine This is the only up to date comprehensive interdisciplinary resource on clinical hypnosis research and applications in psychology and medicine Authored by hypnosis experts worldwide it encompasses state of the art scholarship and techniques for hypnotic treatments along with hypnosis transcripts and case examples for all major psychological disorders and medical conditions In easily understandable language this desk reference addresses theories neurophysiology of hypnosis hypnotherapy screening measurement of hypnotizability professional issues and ethics Individual chapters present hypnotic inductions to treat 70 disorders including anxiety depression pain sleep problems phobias fibromyalgia irritable bowel syndrome menopausal hotflashes Parkinson s disease palliative care tinnitus addictions and a multitude other common complaints The guide also examines the history and foundations of hypnosis myths and misconceptions patient screening dealing with resistance and precautions to the use of hypnosis It examines a variety of hypnotherapy systems ranging from hypnotic relaxation therapy to hypnoanalysis With each application the text includes relevant research specific induction techniques and an illustrative case example Additionally the resource covers professional issues certification hypnosis in the hospital and placebo effects Key Features Presents state of the art hypnosis research and applications for a wide range of psychological and medical disorders Encompasses information on 70 disorders with relevant research intervention techniques and case examples Authored by an international cadre of experts Provides an interdisciplinary perspective of both the mental health and medical communities Addresses certification ethics and other professional issues

Listening, Learning, Caring and Counselling Dr Cate Howell, OAM, CSM, PhD (Med.), 2016-07-01 At the centre of any caring role is listening attentively to the concerns narratives and needs of others But to develop the skills of listening learning caring and counselling LLCC you need support and training Written by an experienced and awarded therapist Listening Learning Caring and Counselling is an authoritative comprehensive guide full of ideas and techniques designed to fill that role The main emphasis of this highly accessible reference work is on how health and related professionals can assist clients as they work through the issues they commonly present with such as depression relationship issues addiction and grief Numerous therapies and their related techniques are described and synthesized into the LLCC approach while case studies skills and tips for everyday practice make it a practical and user friendly resource Listening Learning Caring and Counselling is essential reading for counsellors support workers case workers medical practitioners health professionals from physiotherapists pharmacists doctors dentists and their assistants to nutritionists and naturopaths serious life coaches and emergency workers as well as those in the fields of human resources

Parenting Your Anxious Child with Mindfulness and Acceptance Christopher McCurry, 2009-03-03 In Parenting Your Anxious Child with

Mindfulness and Acceptance parents learn responsive parenting techniques drawn from acceptance and commitment therapy ACT and other well researched parent child treatment programs Children who suffer from separation anxiety excessive worry and other anxiety problems can benefit greatly from the simple ACT skills presented in this book Social Workers' Desk Reference Albert R. Roberts,2009 This is a new edition of the wildly successful everyday reference for social workers Like the first edition it has been crafted with the help of an extensive needs assessment survey of educators and front line practitioners ensuring that it speaks directly to the daily realities of the profession It features 40% new material and a more explicit focus on evidence based practice **Coaching with the Brain in Mind** David Rock,Linda J. Page,2009-08-06 DISCOVER THE SCIENCE BEHIND BRAIN BASED COACHING By understanding how the brain works coaching professionals can better tailor their language strategies and goals to be in alignment with an individual s hard wired way of thinking Written by two well known coaching professionals David Rock and Linda Page Coaching with the Brain in Mind presents the tools and methodologies that can be employed by novice and experienced coaches alike to create an effective and ultimately more rewarding relationship for both coach and client This informative guide to the neuroscience of coaching clearly demonstrates how brain based coaching works in practice and how the power of the mind can be harnessed to help an individual learn and grow Illustrated with numerous case examples and stories this book is organized for immediate use by professionals in their client work Coverage includes A succinct but comprehensive overview of the major scientific and theoretical foundations for coaching and their implications for practice How the language of coaching setting goals making connections becoming more aware seeking breakthroughs and taking action parallels what neuroscientists tell us about how the brain operates Neuroscience as a natural platform for the ongoing development of coaching Building on the existing foundation of coaching by adding neuroscience as an evidence base for the profession Coaching with the Brain in Mind shows that it is possible to become a better professional coach by understanding how the brain works As well the authors through their research present that an understanding of neuroscience research however new and speculative can help coaches and leaders fulfill their potential as change agents in the lives of others **Learning Group Leadership** Jeffrey A. Kottler,Matt Englur-Carlson,2009-02-19 The writing is both highly personable and also very specific about techniques and attitudes students may take on as they experiment with membership leadership I think my students will like it and will use it to engage even more fully with the experiential group It most certainly fills a niche that needed filling Adam L Hill Sonoma State University Now Accompanied by a DVD Focusing on how to conduct and lead groups in a variety of therapeutic settings Learning Group Leadership An Experiential Approach Second Edition covers theory process leadership techniques ethics special populations and challenges as they relate to group work The Second Edition introduces important conceptual and practical information and then uses exercises field study assignments and personal application questions to help students apply concepts to their work and lives The Second Edition now includes student voices throughout each chapter to provide

descriptions of actual experiences Key Features Takes an experiential approach helping readers understand how the concepts they learn in class can be applied to their own work in conducting groups Offers a conversational practical and realistic writing style Includes relevant examples drawn from the authors more than 25 years of teaching and leading experience Is accompanied by a new DVD bound in the back of the book which contains scripted sessions corresponding with every chapter The password protected instructor s site is available with test questions at <http://www.sagepub.com/kottler2instrmain.htm> Learning Group Leadership An Experiential Approach Second Edition is ideal for use in introductory courses in Group Therapy or Group Work in the disciplines of counseling human services psychology and social work

Case Studies in Couples Therapy David K. Carson, Montserrat Casado-Kehoe, 2013-06-19 This up to date highly readable theory based and application oriented book fills a crucial void in literature on couple therapy Few books in the couple therapy market bridge the gap between theory and practice texts tend to lean in one direction or the other either emphasizing theory and research with little practical application or taking a cookbook approach that describes specific techniques and interventions that are divorced from any conceptual or theoretical base However couples therapy requires a high degree of abstract conceptual thinking as well as ingenuity inventiveness and skill on the part of the therapist Case Studies in Couples Therapy blends the best of all worlds clinical applications with challenging and diverse couples that have been derived from the most influential theories and models in couples and family therapy all written by highly experienced and respected voices in the field In Case Studies in Couples Therapy readers will grasp the essentials of major theories and approaches in a few pages and then see how concepts and principles are applied in the work of well known clinicians The case studies incorporate a wide variety of couples from diverse backgrounds in a number of different life situations It is simultaneously narrow including specific processes and interventions applied with real clients and broad clearly outlining a broad array of theories and concepts in scope and the interventions in it are directly linked to theoretical perspectives in a clear and systematic way Students and clinicians alike will find the theoretical overview sections of each chapter clear and easy to follow and each chapter s thorough descriptions of effective practical interventions will give readers a strong sense of the connections between theory and practice

Integrative Arts Psychotherapy Claire Louise Vaculik, Gary Nash, 2022-08-12 This book is a new addition to the art therapy literature setting out an integrative approach to using theory and the arts which places clients at the centre of practice and supports collaboration across the therapeutic journey The structural framework described enables different theories contemporary research and best practice guidelines to be used to inform therapy allowing the practitioner to work fluidly and rigorously in response to their clients changing needs and therapeutic aims Integrative arts psychotherapy brings therapeutic practice to life as the use of the visual arts is enhanced by the possibilities offered for developing and deepening therapeutic work using sculpture clay drama puppetry poetry sand play music and bodywork movement The work described in this book has grown from a British and European art therapy culture

community and history influenced by prominent American theorists The book has been written for trainers trainees and practitioners of creative arts therapies psychotherapy and expressive arts therapies nationally and worldwide It may also be of interest to other professionals or those in consultation with an art therapist who want to understand what this type of art therapy can offer

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