

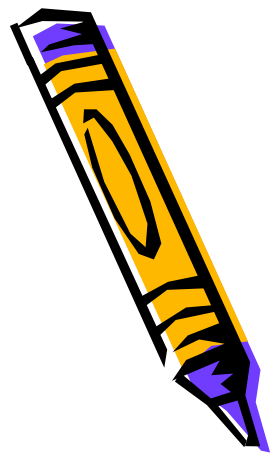


**CREATING A CLIMATE
for CHANGE**

Lynn Stadler, MA, LMFT

THE ASSIGNMENT:

What Motivates
Child Clients to Change????



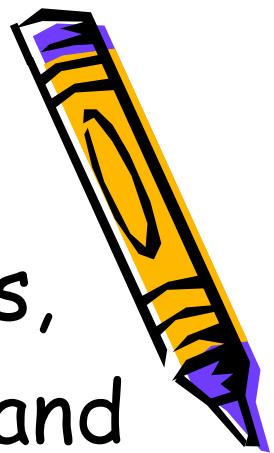


**Holism & Field Theory:
Relative to
Motivation**

Jan Smuts & Kurt Lewin

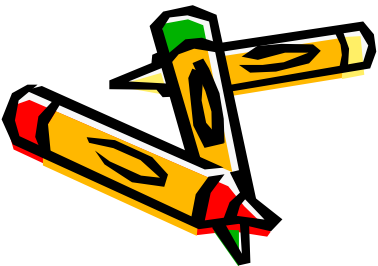
- The whole person includes thoughts, feelings, behavior, body sensations, and dreams.

- Focus on integration and how clients interact with their environment.



In therapy, clients becomes aware of what they are doing, how they are doing it, and how they change themselves

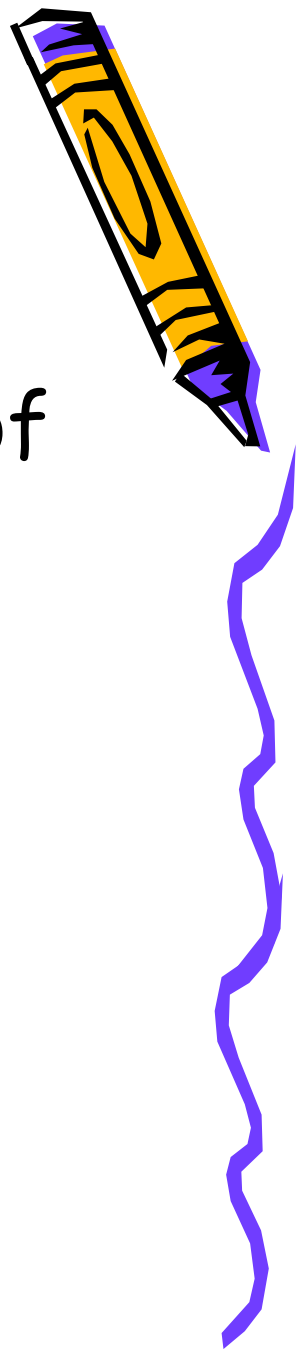
. . . . At the same time, they learn to accept and value themselves in relation to others.



We are constantly changing.

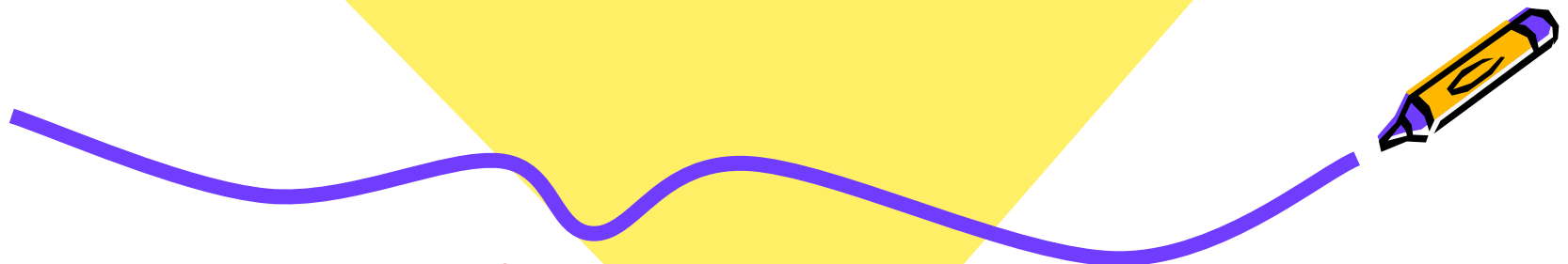
The being exists in a constant state of flow, always growing and evolving.

Child therapists focus on how the client makes contact with the environment (family, school, friends, authority figures.)





The Paradoxical Theory of Change



Arnold Beisser, M.D.

Arnold Beisser's Paradoxical Theory of Change

“ . . . change occurs when
one becomes what he is,
not when he tries to become
what he is not.”



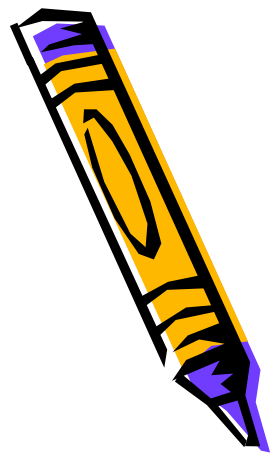
Arnold Beisser's Paradoxical Theory of Change

“Change does not take place through a coercive attempt by the individual or by another person to change him, but it does take place if one takes time and effort to be what he is”



Arnold Beisser's Paradoxical Theory of Change

" By rejecting the role of
change agent, we make meaningful
and orderly change possible."



Arnold Beisser's Paradoxical Theory of Change

"The Gestalt therapist rejects the role of "changer," for his strategy is to encourage, even insist, that the patient *be where and what he is.*"



Arnold Beisser's Paradoxical Theory of Change

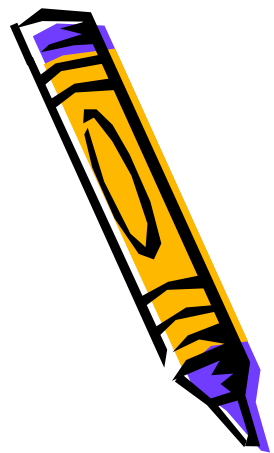


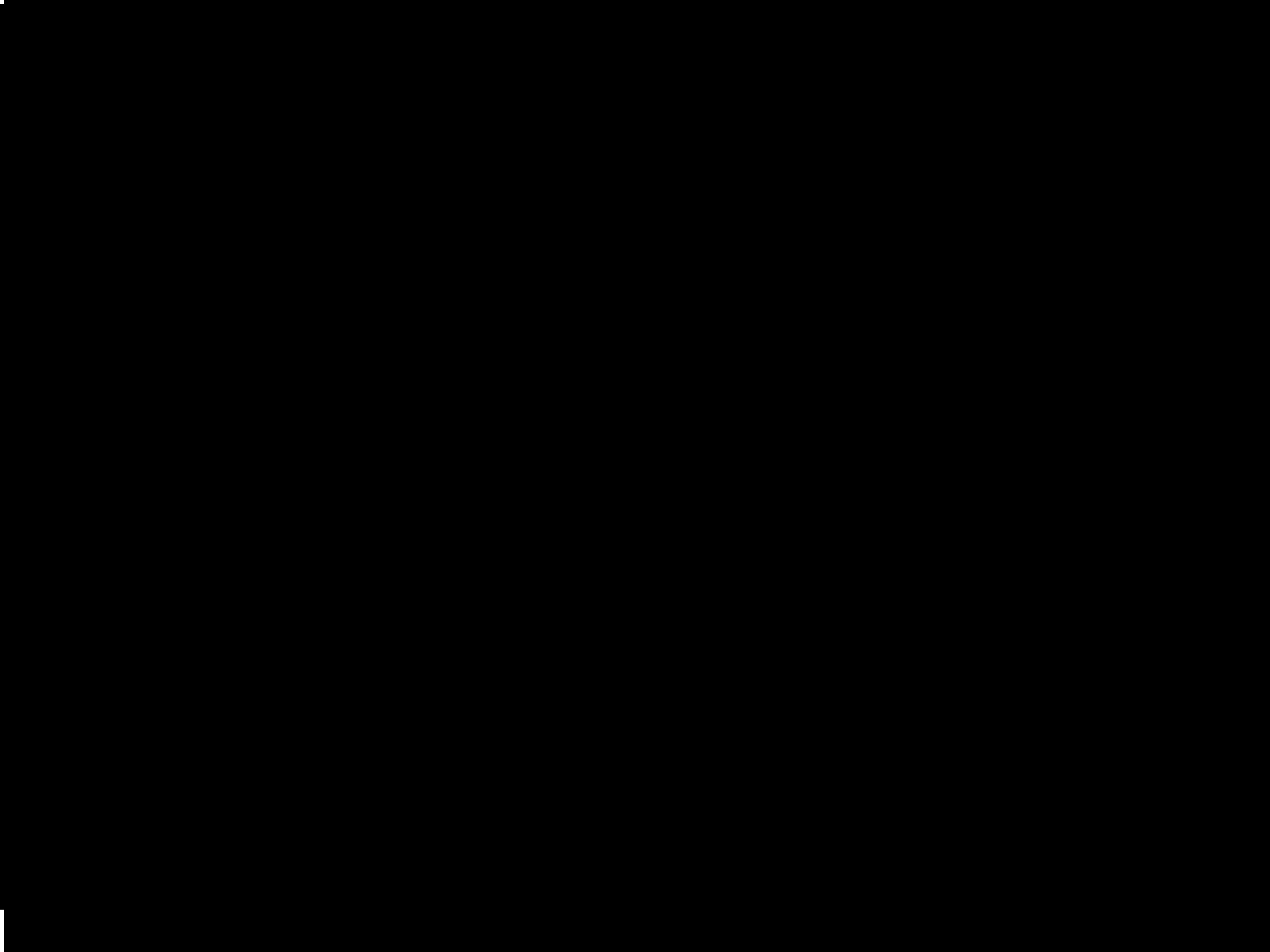
“ . . . change does not take place by “trying,” coercion, or persuasion, or by insight, interpretation, or any such means.”



Flying Without Wings: Life with Arnold Beisser

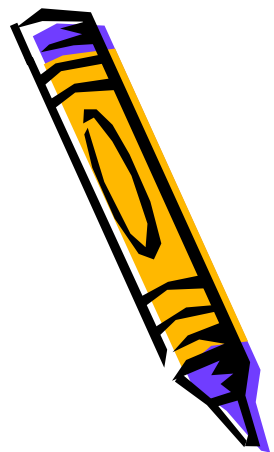
... a film by Liv Estrup





ASSIGNMENT REVISED:

- Are clients aware of being motivated (or not)?
- What does the client want to change?
- How can therapy provide support?
- Are therapists, parents and teachers willing to makes their own changes to support the child?





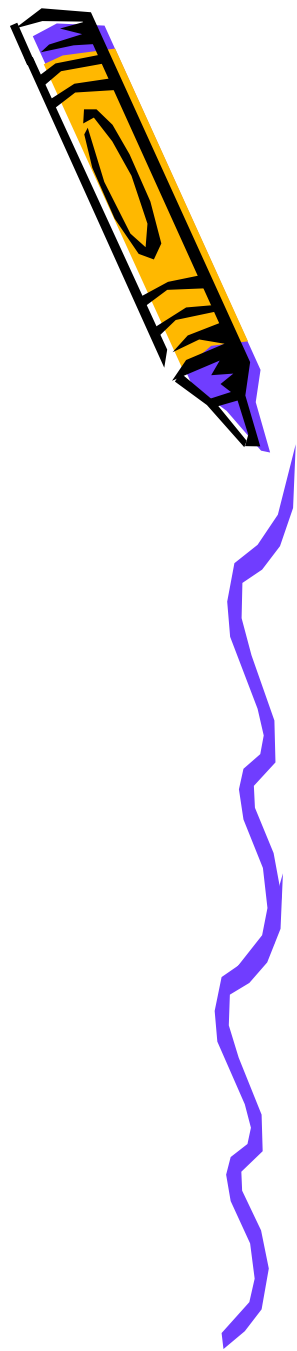
Gestalt Therapy for Children & Adolescents



Violet Oaklander, PhD

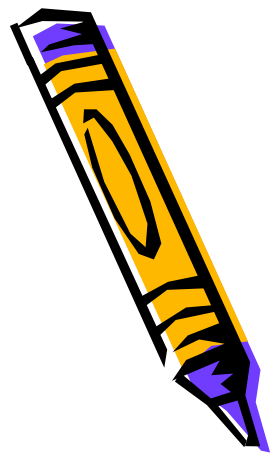
The Oaklander Model

- *Gestalt Roots - Adapted for Children*
- *Windows to Our Children (1978)*
- *Creative Projective Media*
- *Violet Solomon Oaklander Foundation*
- *Window Frames, Mortola (2006)*
- *Hidden Treasure (2006)*



The Therapeutic Process

- The therapeutic relationship
- The issues of contact
- Building self-support - strengthening the self
- Emotional expression
- Self-nurturing work to achieve integration
 - Dealing with inappropriate ways of being
 - Termination
 - Family work and parent education



The Therapeutic Process



- Establishing the therapeutic relationship:

I/Thou

Boundaries/Limits

Children who cannot establish relationship



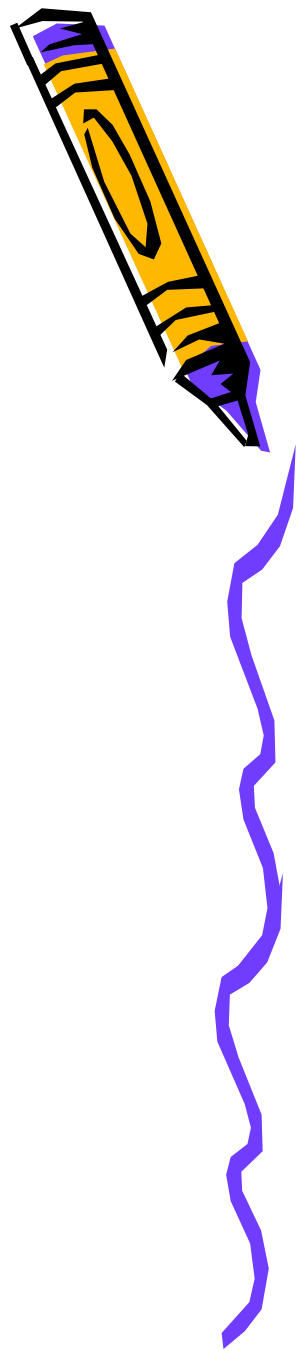
The Therapeutic Process

- **CONTACT:**

Energy/Fluidity/Changes over time

Honoring Resistance

Contact Skills & Functions



The Therapeutic Process



- **SENSE OF SELF - BUILDING SELF SUPPORT**

Enhancing senses, body, voice and breath

Strengthening the self:

defining self - mastery - imagination -

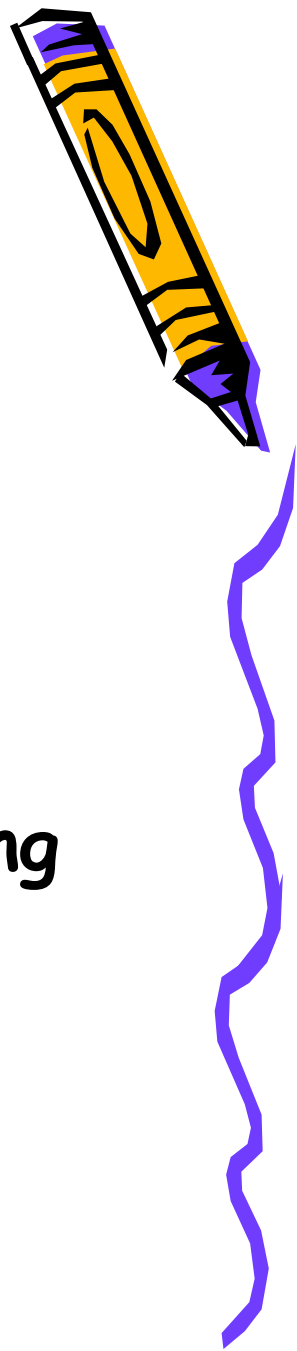
making choices - boundaries - humor -

playfulness - owning projections -

power and control



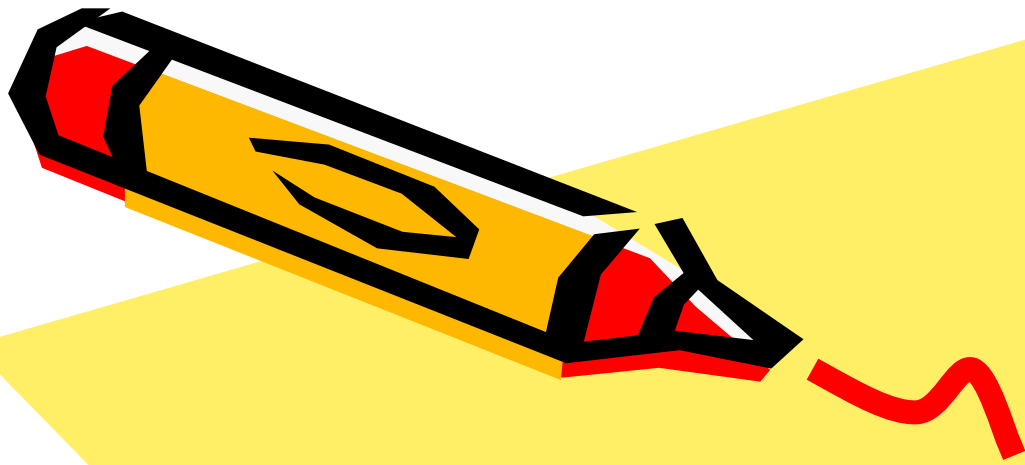
The Therapeutic Process



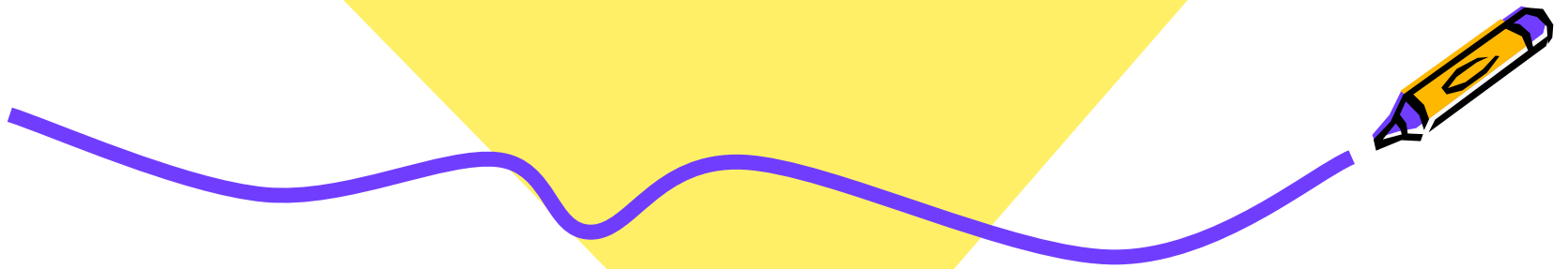
▪ EMOTIONAL EXPRESSION

- Talking About and Normalizing Feelings
- Accessing Aggressive Energy
- Projecting, Owning, Accepting, Expressing
- Parent Education
- Homework, Experiments, Anger Lists





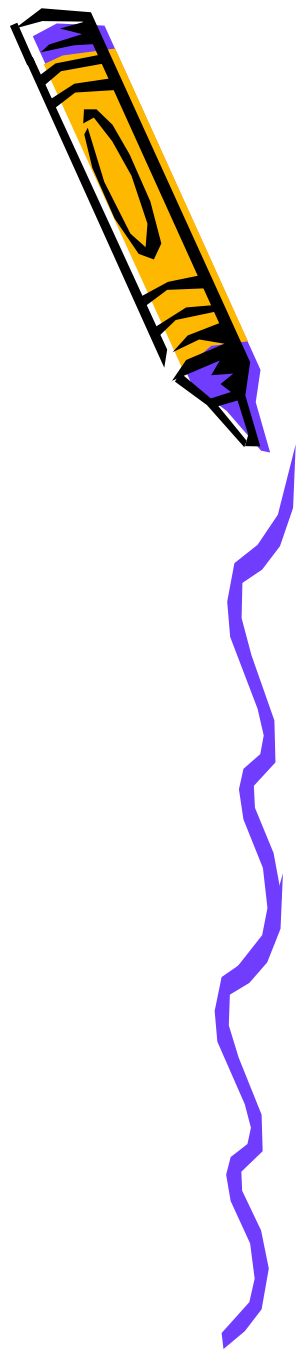
Aware Parenting



Aletha Solter PhD

Contact Information

- www.vsof.org
- [www. awareparenting.com](http://www.awareparenting.com)
- lynnstadler@verizon.net



Violet's Books

- **Windows to Our Children (1978)**
- **Hidden Treasure: A Map to the Child's Inner Self (2006)**

