



**Individuality of client and
unconscious
communicative/behavioral
patterns in counseling: the
interpretation vs. utilization**



***Some techniques and strategies in
work with suicidal clients in the
paradigm of utilization***



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Plan



S.Karpman drama triangle. To avoid a role of rescuer by consultant



The prescription “to not live” and its limitation



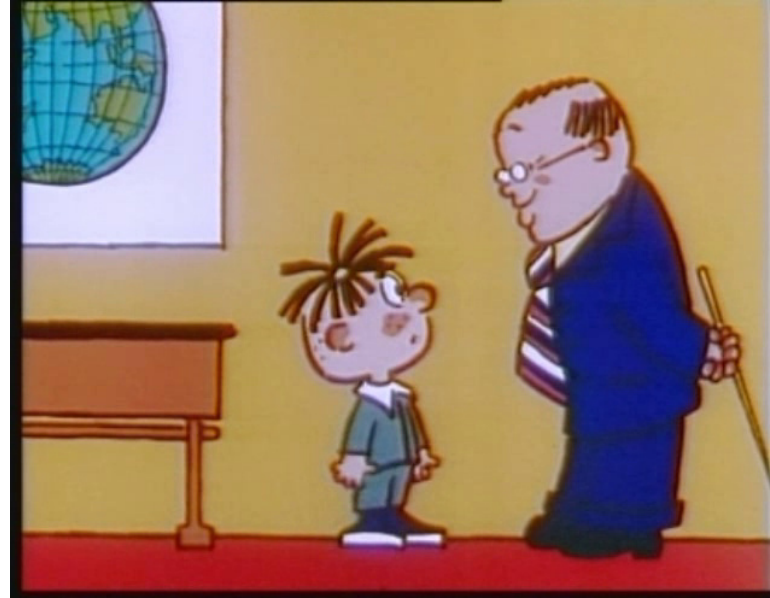
The basic internal settings of consultant: “I am OK, you are OK”, unconditional acceptance of a client and trusting to unconscious mind.



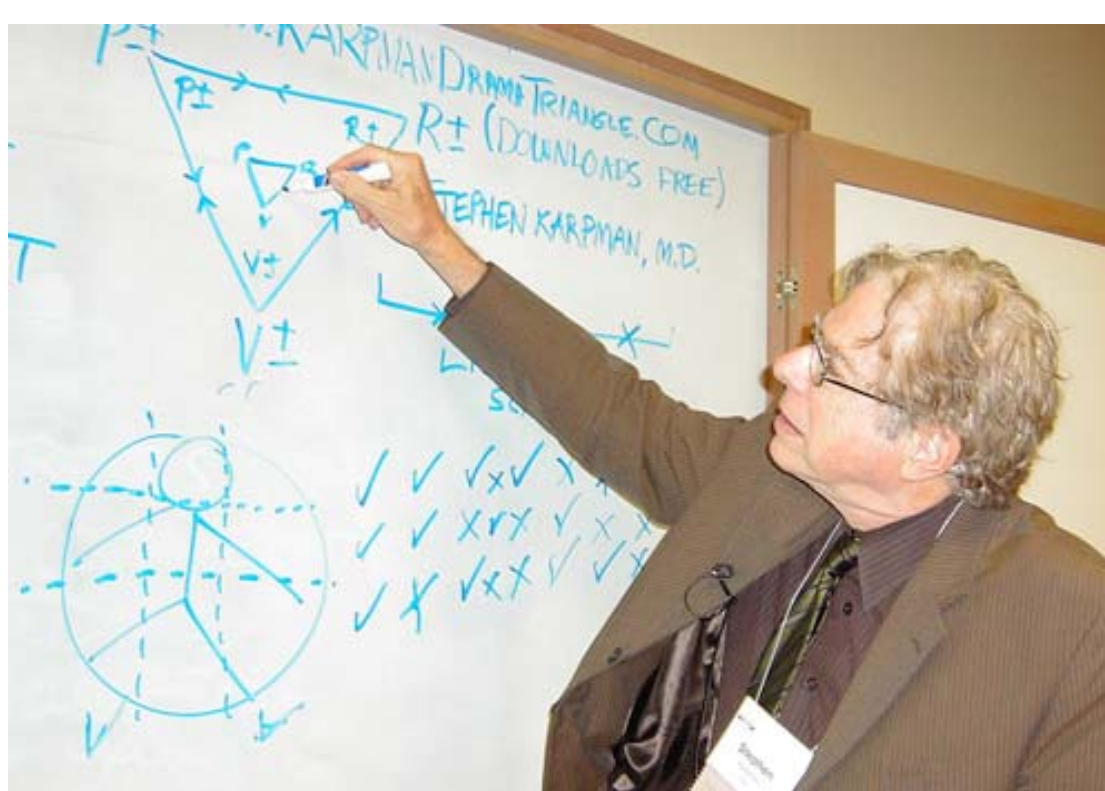
Utilization principle vs. Interpretation



Ericksonian techniques and strategies of consultant with suicidal clients



Stephen Karpman was a student of E. Berne, the father of transactional analysis. Berne encouraged Karpman to publish what Berne referred to as "*Karpman's triangle*".



In 1968, Stephen Karpman theorizes the Karpman Drama Triangle in an article entitled *Fairy tales and script drama analysis*.



Stephen Karpman during his visit
to Kyiv, Ukraine, 2011

Persecuter

Rescuer



KARPMAN DRAMA
TRIANGLE

Victim



The counselor may want to defend or "rescue" clients. He may offer too much advice or even concrete assistance, viewing clients too narrowly only as victims of mistreatment. A counselor who is not self-aware or does not hold himself accountable for his own personal emotional health may feel that he is the only one who really knows or understands his clients.



The rescuer's line is "Let me help you." A classic enabler, the Rescuer feels guilty if he/she doesn't go to the rescue. Yet his/her rescuing has negative effects: It keeps the Victim dependent and gives the Victim permission to fail.

The rewards derived from this rescue role are that the focus is taken off the rescuer. When he/she focuses their energy on someone else, it enables them to ignore their own anxiety and issues.



A client may in fact be comfortable in the victim's role and try to manipulate the counselor to intervene and rescue him in a variety of situations.



If the counselor does take on the rescuer role, clients do not learn about personal responsibility and how to deal with resolving conflict and issues on their own





The position of hot line counselor:
Not be a rescuer, but just be near, be empathic,
understanding and be himself

Prescriptions in transactional analysis

*are the messages
from the parent's
child ego state
transmitted as a
result of the
circumstances of
their own painful
problems*



Some of

prescriptions:

***Do not do it. Do not
be. Do not approach***

***each other. Not
be significant. Do***

not be a

***child/adults. Do not
be yourself.***

Do not be normal.

Do not be healthy.



Prescription

do not be (do not exist)

are dangerous from the standpoint of suicidality.

Examples:

We did not want the child, but you were born.

*If you had not been born, we would have lived
better*



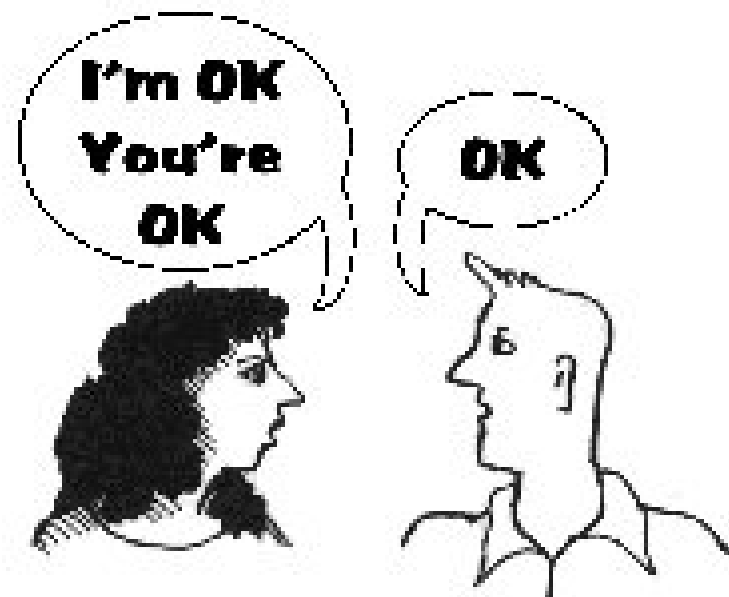


But this concept should not overshadow our acceptance of a unique individuality of a client and his resources



***unconditional
acceptance
of a client***

Carl Rogers



***Eric Berne,
Thomas Harris***

**acceptance of
positive resources
of a client's
unconscious mind**

Milton Erickson





***"The curious paradox is that when I accept myself just as I am, then I can change."
Carl Rogers***

In opinion of
outstanding
psychotherapist
Milton Erickson, this
acceptance and
attention to resources
of a unique
individuality of a client
has to be ahead of
any concept or
theoretical pattern





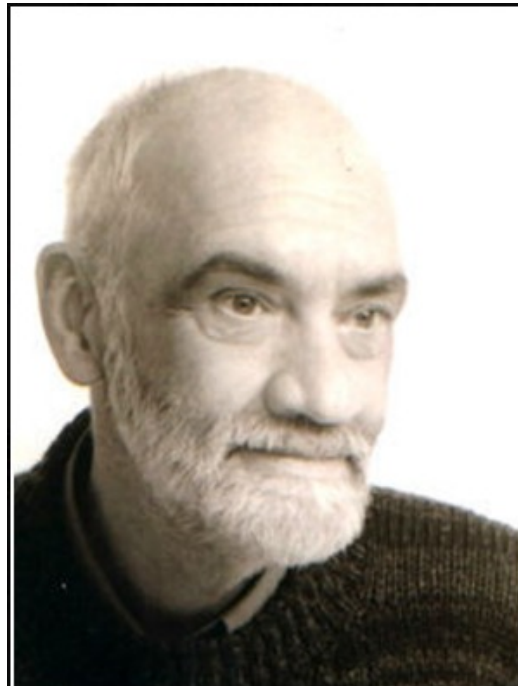
“ Each person is a unique individual. Hence, psychotherapy should be formulated to meet the uniqueness of the individual's needs, rather than tailoring the person to fit the Procrustean bed of a hypothetical theory of human behavior. ”

Milton H. Erickson, M.D.

Milton Erickson developed principle of utilization, which means that every limitation can be considered in terms of benefits and it helps to find resources for positive changes



Utilization principle is close to positive thinking and positive psychology. It led to development a solution-oriented consulting and therapy



Problem talk creates problems,
Solution talk creates solutions.

— Steve de Shazer —

communicative
pattern “Yes-set”

*Some phrases the
client agrees.*

*Helps to create
good connection
(rapport) with a
client*



Pattern breaking – establishing **rapport**

"Do you want a concrete person has found your body?", "Have you written your posthumous testament?"

Do you want me to edited it for you? "



Pattern breaking - establishing **rapport**

“how wonderful it is - to have something in your life, for that would be worth to die.”

It would be important to look for something for which no pity to give up life of myself, and to the time required for this purpose.



Reframing

A man can be
doomed...

to success



Reframing (reinterpretation) of desire to leave this life

“attempt to put an end to this life requires courage, I do not think that an ordinary person could make it”

(Suicide is... courage)

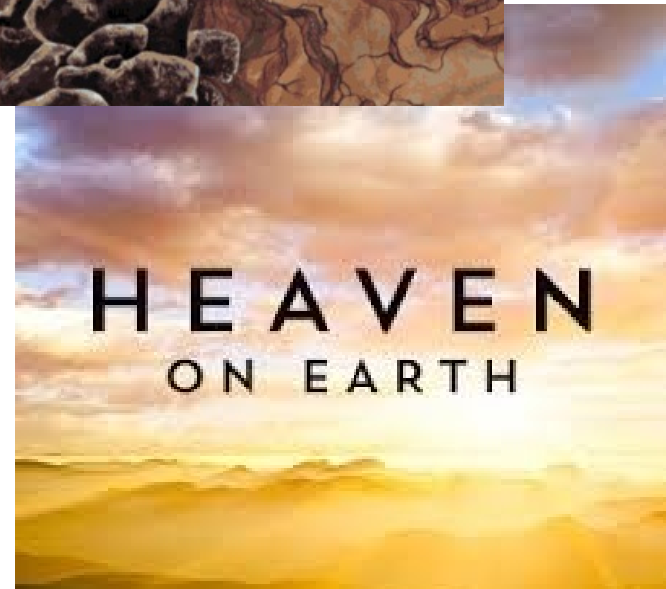
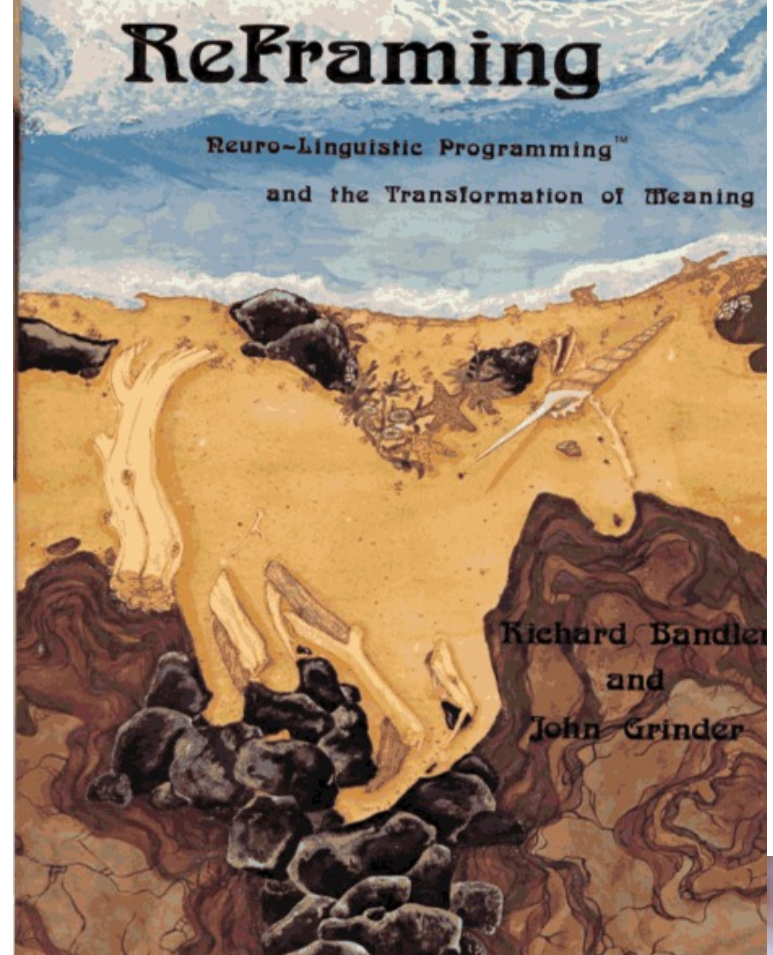


Reframing (reinterpretation) + metaphor

How wonderful that
you are looking for
heaven on earth

R.Bandler, J.Grinder

(there is
many other ways to
reach "heaven on
earth").



Implication is a grammatically binding of a simple fact with a positive goal. It is an indirect suggestion

When we are talking now about a lot of things, you can come closer to find sense of life for yourself

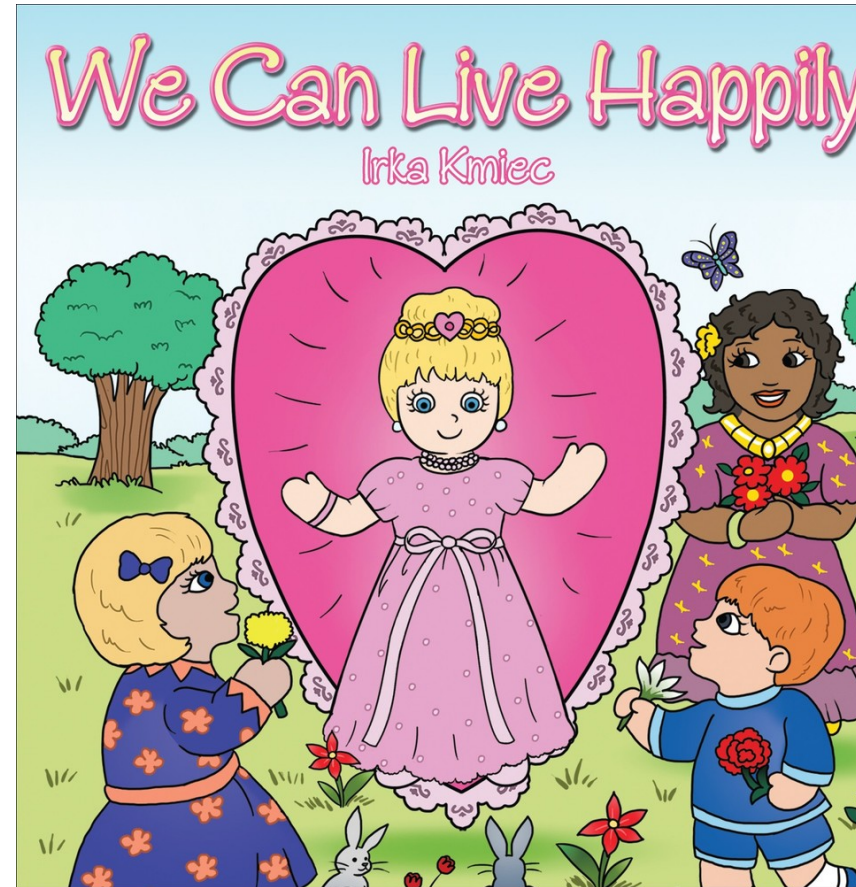
When (If)....., then....



Implications + Intonational emphasizing

You have called us and
we can live these
minutes talking about
your life situation

*Intonational emphasizing
of a meaningful notion is
a powerfull suggestive
technique (it is perceived
unconsciously)*



Humor is a powerful communicative tool.

Jokes can be used in case the client will accept it





Preview of coming
attractions.

Thus, acceptance of unique individuality of a client, combined with the recognition of unconscious patterns of his behavior and activity is one of the most important resource factor in the telephone counseling.



Thank you for your
attention !

