
How to Fall in Love with Session Limits & Do Transformative Short-Term Work

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So many students, so little time....

- Demand for counseling services is 5 times the rate of enrollment (CCMH, 2016)
- Doing More with Less
- Ubiquity of Session Limits

One man's crisis is another man's opportunity...

- How we can be more poetic & musical about our sessions
- How limits can paradoxically free us up to take more risks & establish greater momentum in sessions

Therapy as a Poetic Form

- “I dwell in Possibility/A fairer House than Prose”-Emily Dickinson
- “Poetry without verse is like playing tennis without a net”-Robert Frost
- Sonnet Example
 - Compresses
 - Explores & contrasts
 - Turns

Shall I Compare Thee?

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date;
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm'd;
And every fair from fair sometime declines,
By chance or nature's changing course untrimm'd;
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st;
Nor shall death brag thou wander'st in his shade,
When in eternal lines to time thou grow'st:
 So long as men can breathe or eyes can see,
 So long lives this, and this gives life to thee.

Working Dynamically from a Relational Perspective

- Family Backdrop (Mitchell, 1988)
 - Multiplicity & Not-Me (Bromberg, 2006; Stern, 2009)
 - Enactments (Bromberg, 2006; Stern, 2009)
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Zeroing In on a Conceptualization & Creating a New Relational Experience

- Focal Problem (Grayson, 2002)
 - Focal Theme (Grayson, 2002)
 - New Relational/Emotional Experience
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Keeping the Musical Line Going: A New Slant on Working Dynamically

- Vertical vs. Horizontal
 - “If I Loved You”, Rodgers & Hammerstein
 - Focal Theme Example
 - Rachmaninoff Symphony no. 2 in E Minor, Mvmt 3
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Are these 'transformative moments' measurable?

	10/30/2015	11/02/2015	11/03/2015	11/10/2015	11/13/2015	11/17/2015	11/24/2015	12/01/2015	12/08/2015	12/15/2015
Subscale	Missing Data									
	BASELINE									
Depression	99	94	94	91	85 ↓ ¹	85 ↓ ¹	85 ↓ ¹	85 ↓ ¹	89 ↓ ¹	73 ↓ ¹
Generalized Anxiety	95	90	90	90	90	83	83	83	83	71 ↓ ¹
Social Anxiety	95	85	89	85	85	85	85	80	85	80
Academic Distress	83	43 ↓ ¹	57	49	70	57	57	63	70	57
Eating Concerns	39	57	57	57	65	65	65	65	65	65
Hostility	94	51 ↓ ¹	58 ↓ ¹	64 ↓ ¹	58 ↓ ¹	64 ↓ ¹	58 ↓ ¹	64 ↓ ¹	74 ↓ ¹	69 ↓ ¹
Alcohol Use	46	56	56	76	76	76	76	76	76	76
Distress Index	99	83 ↓ ¹	87 ↓ ¹	86 ↓ ¹	86 ↓ ¹	80 ↓ ¹	80 ↓ ¹	82 ↓ ¹	86 ↓ ¹	71 ↓ ¹
SI/Hi	4/0	3/0	3/0	3/0	2/0	2/1	2/0	2/0	2/0	2/0

Putting it all together...

- Improvising on 12 Bars
 - Coltrane's "Bessie's Blues"
 - Developing the Student's Voice & Your Own Therapeutic Voice
- Creating Poetic & Musical Lines that lead to transformative moments
- Enduring Lessons in the Process-"So long lives this.."

Selected References

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What do you think??

- Questions
 - Thoughts
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