

Erickson Brief Therapy Conference/ San Diego

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Treasure Hunting in the Caves of the Unconscious: The Integration of Quantum Physics in the context of the transformation of resistance in the treatment of individuals and couples.

Handout

The Integration of Quantum Physics in the treatment and transformation of consciousness with respect to resistance in couples and individuals reflects a stage in the evolution of psychotherapy that includes the integration of mind-body hypnotherapy with other disciplines outside of psychotherapeutic approaches. This integration is consistent with the depth of Milton Erickson's consciousness that recognized and appreciated resistance as a force with momentum that needed validation that could be considered in mathematical terms. The concepts of force and momentum will be applied when addressing the grandiosity component of the resistance. This integration also provides an opportunity for professionals to increase their trust in their ability to contain, focus attention, and creatively utilize opposites. In addition, the role of appreciation in the transformation of resistance will be highlighted.

- Shift in emphasis from feelings and thoughts to quantum variables.
- Appreciation of novelty, creativity, and the creative focusing of attention
- Valuing of: focusing of attention, containment, trust of resources, relationships with time, space and different aspects of the self
- Erickson Protocol; validation, failure, motivation, creative pacing of conscious, unconscious polarity, depotentiation of the conscious mind, utilization of opposites, utilization of opposites, creative repetition of themes and creative utilization of of time, treatment of anxieties in relationship to uncertainty connected to the reduction of defenses
- Quantum variables; time, space, motion, momentum, position
- Key polarities: healthy/unhealthy, responsible/ victim, proactive/passive