



Intuition: The Inner Game of Brief Therapy

Presented
by
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Intuition:

The Inner Game of Brief Therapy

Goals:

1. Identify 2 features of the ACE Schema.
2. Describe one way in which the phenomenology of an intuitive approach is akin to hypnotic trance.
3. Given an individual patient, intuitively utilize a mini-idea in conjunction with the material from the client's narrative to create a dynamic experiential moment.



Intuition Defined:

- ✓ A natural ability, another way to receive knowledge based on emotions/inner thoughts/sensations/ hunches.
- ✓ An innate sense of what is seen (clairvoyance) or sounds (clairaudience) right.
- ✓ A sense that guides you to think or act a certain way without fully understanding why, (clairsentience.)
Can be instead of, or include facts or reasoning.

Intuition as an Ego State

Intuition can be defined as a Self-State in which you enter & embody a state of ***readiness to receive*** wise inner guidance.

Guidance can be based what you ***don't*** know, as well as on what you ***do*** know.

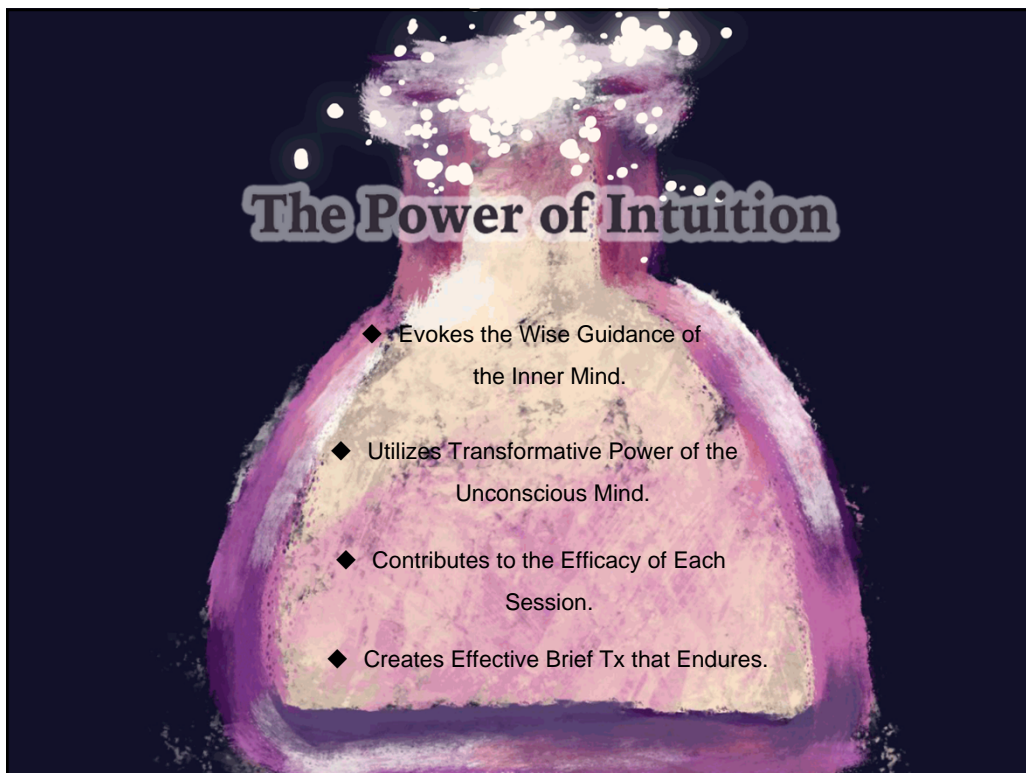
What Do Two Experts Say?

Dr. Milton Erickson @ Hypnosis

- Utilize everything you have inside of yourself and in your environment.
- Create experiences that elicit resources of the unconscious, tailored to fit the needs/goals of the client.

Herb Dewey @ Intuitive Functioning

- Use whatever comes into your mind, something you know, something you “see,” “hear” or guess.
- Trust what comes into your mind.



The Phenomenal Phenomena of an Intuitive Approach akin to Hypnotic Trance

Access to Dormant & Latent Resources of the Unconscious.

Enhancement of Mindfulness.

Opportunity for Down (or Up-) Regulation.

Executive Functioning Potency.

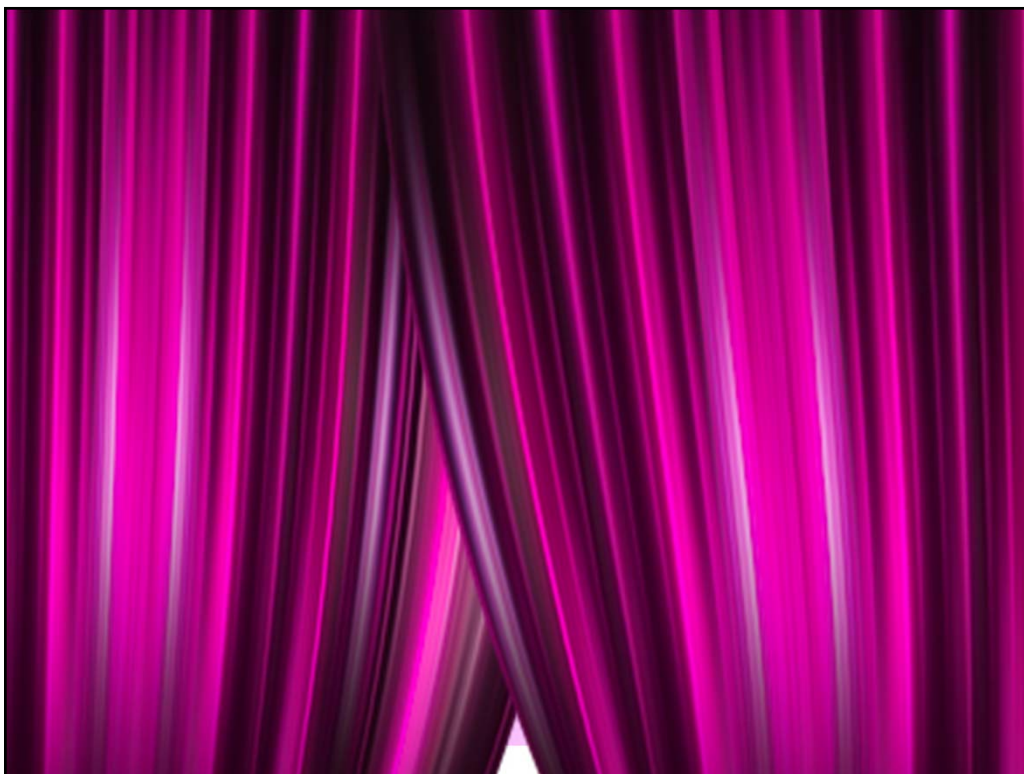
Therapeutic Bonding via Entrainment.

Opening into the Authentic Self: Integrate Mind/Body/Spirit.

Inner Guidance for Adaptive Coping and Self-Care.



**Develop Intuition
To Utilize
An Intuitive Approach that Includes the Phenomena of Trance
To
Become an *ACE* at The Inner Game of Brief Therapy**



The ACE SCHEMA

Can be
Linear or Circular

1. ***ACCEPT*** the Wise Guidance of the Inner Mind. (Another Way to Know.)
2. ***CULTIVATE*** Your Intuitive Skills.
(and Guide Clients to Cultivate Their Own.)
3. ***EXPLORE*** the Power of Intuition.
(and the Clinical Benefits of an Intuitive Approach.)

1. *Accept.....*

That *Intuition Can:*

- ❖ Be Another Way of Knowing.
- ❖ Be a State of Receptivity for Impressions & Information from the Wise Mind, Unconscious Mind.
- ❖ Increase **BRIEF** Clinical Efficacy.
- ❖ Embody a State of Mindfulness.
- ❖ Evoke Effective Clinical Magic.

2. **Cultivate...**



Mindful Awareness
of Evocative Experiences.

What Do You See, hear, feel?

What Thoughts, Emotions & Sensations Are Evoked?

What Metaphors & Memories Come to Mind?

As You Gaze, What Do You Experience ?

3. Explore...

Breathe...

**Enter a State of Readiness
to Create Experiential
moments.**

Be Mindful of What You
Experience.

Notice Your Inner
Senses.

Use Your Imagination.

Trust What is Elicited.

Experiment, Experience & Enjoy Your Explorations in
Utilizing Your Intuition.

Notice How Easy and Fun It Can Be
to

ACE

The Inner Game of Brief Therapy.

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