



**MORE IMPORTANT THAN
HYPNOSIS:
PARADOXICAL WAYS TO BRING
ABOUT CHANGE,**

**OPTIMIZE MOTIVATION
AND DISSOLVE RESISTANCE IN
CHILDREN AND ADOLESCENTS
WITH DR. DAVID BURNS' TEAM-CBT**

Jeff Lazarus, MD, FAAP
Former Associate Clinical Professor
Case Western Reserve University School
of Medicine

1220 University Drive, Suite 104
Menlo Park, California 94025
1-650-322-5333
JeffLazarusMD@gmail.com
www.JeffLazarusMD.com







INTRODUCTION

1. Mini- CV

1. My experience with TEAM

THIS LECTURE

- Is not to teach you how to do TEAM.
- Not the see one, do one, teach one medical school model.

A close-up photograph of a baby with light brown hair and dark eyes, looking directly at the camera with a determined, slightly pouting expression. The baby is wearing a green long-sleeved shirt with a white collar. They are holding a large, rounded fistful of light-colored sand in their right hand, which is visible in the lower-left foreground. The background is a blurred, sandy beach under a bright, overcast sky.

Let's do this!

PLEASE- NO PRIVATE VIDEOTAPING



DISCLOSURE

I have a financial disclosure to make. It is a video that is not related to the content of this presentation.

It was a project that I funded personally, and I did not receive commercial money for producing the video.

KEEPING THE BED DRY[®]



[PREVIEW THE VIDEO](#)

A comprehensive program that incorporates medical hypnosis to help children and adolescents keep the bed dry at night.

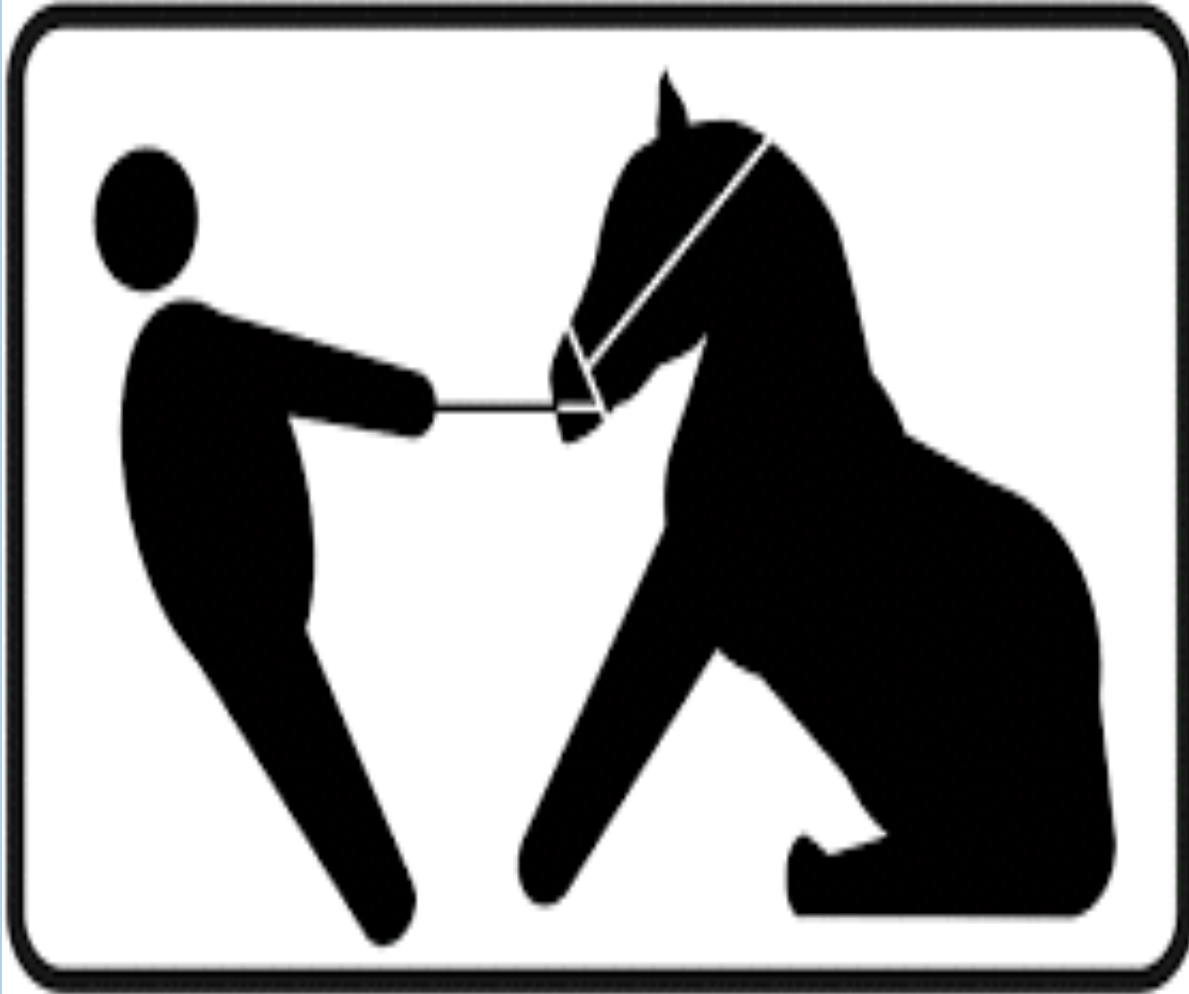


www.KeepingTheBedDry.com



AND NOW. . .

DO YOU EVER HAVE PATIENTS WHO...



DO YOU EVER HAVE PATIENTS WHO...



DO YOU EVER HAVE PATIENTS WHO...



DAVID BURNS, MD



This presentation is based on his work.

Copyrighted Material

DAVID D. BURNS, M.D.

THE NATIONAL BESTSELLER
MORE THAN THREE MILLION COPIES IN PRINT

NOW WITH AN ALL-NEW CONSUMER'S GUIDE TO
ANTIDEPRESSANT DRUGS AND A NEW INTRODUCTION
FROM THE AUTHOR

FEELING GOOD

REVISED
AND
UPDATED

THE NEW
MOOD THERAPY

The Clinically Proven Drug-free Treatment for Depression

Copyrighted Material

Feeling GOOD Together

*The Secret to Making
Troubled Relationships Work*

David D.
Burns, M.D.

Author of
the million-copy
bestseller
**FEELING
GOOD**

Copyrighted Material

TEAM THERAPY

Patients recover faster

POSITIVE EXPECTATIONS AND MOTIVATION



TWO KEYS TO SUCCESS

1. Positive expectations

1. Accountability



WHAT IS THE BEST WAY TO BRING ABOUT CHANGE IN YOUR PATIENTS?



WHAT IS THE BEST WAY TO BRING ABOUT CHANGE IN YOUR PATIENTS?

Encourage them not to change!

IT'S HUMAN NATURE



IT'S PARADOXICAL



IT'S PARADOXICAL

When you become the voice of the patient's resistance, the patient will become the voice of change.

**BUT BEFORE WE DO
ANYTHING. . .**

WHAT IS TEAM THERAPY?



TEAM THERAPY

Testing

Empathy

Agenda Setting

Methods

TEAM THERAPY

Testing

Empathy

Agenda Setting

Methods

TESTING

BRIEF MOOD SURVEY - ADULTS

Brief Mood Survey*

Instructions. Use checks (✓) to indicate how you're feeling *right now*. Please answer all the items.

How depressed do you feel right now?

1. Sad or down in the dumps				
2. Discouraged or hopeless				
3. Low self-esteem, inferiority, worthlessness				
4. Loss of motivation to do things				
5. Loss of pleasure or satisfaction in life				
Total ➔				

Total →

How suicidal do you feel right now?

1. Do you have any suicidal thoughts?				
2. Would you like to end your life?				
Total →				

Total →

How **anxious** do you feel right now?

1. Anxious				
2. Frightened				
3. Worrying about things				
4. Tense or on edge				
5. Nervous				
Total				→

Total →

How angry do you feel right now?

1. Frustrated				
2. Annoyed				
3. Resentful				
4. Angry				
5. Irritated				
Total →				

Total →

						0—Not at all
						1—Somewhat
						2—Moderately
						3—A lot
						4—Extremely
Total →						

Total →

Total →				

Total →

Total →

Total →

Total →				

Total →

Instructions. Use checks (✓) to indicate how you're feeling right now. Please answer all the items.

Instructions. Use checks (✓) to indicate how you're feeling right now. Please answer all the items.	0—Not at all	1—Somewhat	2—Moderate	3—A lot	4—Extremely
1. I feel worthwhile.					
2. I feel good about myself.					
3. I feel close to people.					
4. I feel productive.					
5. I feel motivated to do things.					
6. I feel calm and relaxed.					
7. I feel a connection to others.					
8. I feel hopeful.					
9. I feel encouraged and optimistic.					
10. My life is satisfying					
Total →					

Total →

Relationship Satisfaction *

Put the name of an important relationship in your life.

Use checks (✓) to indicate how you feel about this relationship.

Please answer all 5 items.

[illegible]

5. Overall satisfaction

BRIEF MOOD SURVEY - ADULTS

How *angry* do you feel right now?

1. Frustrated										
2. Annoyed										
3. Resentful										
4. Angry										
5. Irritated										
Total →							Total →			

BRIEF MOOD SURVEY - ADULTS

		Before Session					After Session					
		0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	
Brief Mood Survey* Instructions. Use checks (✓) to indicate how you're feeling <i>right now</i> . Please answer all the items.												
How depressed do you feel right now?												
1.	Sad or down in the dumps											
2.	Discouraged or hopeless											
3.	Low self-esteem, inferiority, worthlessness											
4.	Loss of motivation to do things											
5.	Loss of pleasure or satisfaction in life											
Total →							Total →					
How suicidal do you feel right now?												
1.	Do you have any suicidal thoughts?											
2.	Would you like to end your life?											
Total →							Total →					

BRIEF MOOD SURVEY - ADULTS

How *anxious* do you feel right now?

1. Anxious					
2. Frightened					
3. Worrying about things					
4. Tense or on edge					
5. Nervous					
Total →					

Total →					

BRIEF MOOD SURVEY - CHILDREN

Name: _____ Date: _____

Brief Mood Survey*

Instructions: Use checks (✓) to indicate how you're feeling. Please answer all the items.

How sad do you feel right now?

	Before Session					After Session				
	0-Not at all	1-A little	2-In between	3-A lot	4-Completely	0-Not at all	1-A little	2-In between	3-A lot	4-Completely
1. I feel sad and unhappy.										
2. I feel like things will never get better.										
3. I'm no good.										
4. I feel like a loser.										
5. I'm not having any fun.										
Total →						Total →				

How suicidal have you been feeling recently?

	Before Session					After Session				
	0-Not at all	1-A little	2-In between	3-A lot	4-Completely	0-Not at all	1-A little	2-In between	3-A lot	4-Completely
1. Sometimes I wish I were dead.										
2. Sometimes I want to kill or hurt myself.										
Total →						Total →				

How anxious do you feel right now?

	Before Session					After Session				
	0-Not at all	1-A little	2-In between	3-A lot	4-Completely	0-Not at all	1-A little	2-In between	3-A lot	4-Completely
1. I feel scared.										
2. I feel worried.										
Total →						Total →				

How shy do you feel right now?

	Before Session					After Session				
	0-Not at all	1-A little	2-In between	3-A lot	4-Completely	0-Not at all	1-A little	2-In between	3-A lot	4-Completely
1. I show shy around other people.										
2. I worry that people won't like me because I'm shy.										
Total →						Total →				

How angry do you feel right now?

	Before Session					After Session				
	0-Not at all	1-A little	2-In between	3-A lot	4-Completely	0-Not at all	1-A little	2-In between	3-A lot	4-Completely
1. I'm mad.										
2. I'm angry.										
Total →						Total →				

Trouble Concentrating

	Before Session					After Session				
	0-Not at all	1-A little	2-In between	3-A lot	4-Completely	0-Not at all	1-A little	2-In between	3-A lot	4-Completely
1. It's hard for me to pay attention.										
2. It's hard for me to focus on things.										
Total →						Total →				

Feeling Restless

	Before Session					After Session				
	0-Not at all	1-A little	2-In between	3-A lot	4-Completely	0-Not at all	1-A little	2-In between	3-A lot	4-Completely
1. It's hard for me to sit still.										
2. I feel restless or squirmy.										
Total →						Total →				

BRIEF MOOD SURVEY - CHILDREN

Brief Mood Survey*

Instructions. Use checks (✓) to indicate how you're feeling. **Please answer all the items.**

How **sad** do you feel right now?

	Before Session				
	0-Not at all ☺	1-A little	2-In between ☹	3-A lot	4-Completely ☹☹
1. I feel sad and unhappy.					
2. I feel like things will never get better.					
3. I'm no good.					
4. I feel like a loser.					
5. I'm not having any fun.					
Total →					

	After Session				
	0-Not at all ☺	1-A little	2-In between ☹	3-A lot	4-Completely ☹☹
Total →					

BRIEF MOOD SURVEY - CHILDREN

How **suicidal** have you been feeling recently?

1. Sometimes I wish I were dead.

Total →

--

2. Sometimes I want to kill or hurt myself.

Total →

--

BRIEF MOOD SURVEY - CHILDREN

How **anxious** do you feel right now?

1. I feel scared.					
2. I feel worried.					
					Total →

					Total →

How **shy** do you feel right now?

1. I feel shy around other people.					
2. I worry that people won't like me because I'm shy.					
					Total →

					Total →

How **angry** do you feel right now?

1. I'm mad.					
2. I'm angry.					
					Total →

					Total →

BRIEF MOOD SURVEY - CHILDREN

Trouble Concentrating

1. It's hard for me to pay attention.					
2. It's hard for me to focus on things.					
Total →					

Total →				

Feeling Restless

1. It's hard for me to sit still.					
2. I feel restless or squirmy.					
Total →					

Total →				

WHY TESTING?

To get **feedback** on patients' progress and feelings.

FEEDBACK GROUP VS. TREATMENT AS USUAL

Feedback group achieved greater change.

RESEARCH

Therapists' perceptions are not accurate.

WHY TESTING?

Most therapists were unaware of patients who were getting worse.

AUDIENCE INVOLVEMENT

Q. How many of you require testing of every patient at every session?



ROUTINE OUTCOME MONITORING



SO WHICH SIDE WEIGHS MORE?



PATIENT VIGNETTES



17Y OLD STILL NOT DRY AT NIGHT

Brief Mood Survey from 1st visit



17Y PRIMARY NOCTURNAL ENURESIS

BRIEF MOOD SURVEY – 1ST VISIT

Evaluation of Therapy Session*		0-Not at all true	1-Somewhat true	2-Moderately true	3-Very true	4-Completely true
Instructions: Use checks (✓) to indicate how you felt about your most recent therapy session.						
Please answer all the items.						
Therapist's Empathy						
1. My therapist seemed warm, supportive, and concerned.			✓			
2. My therapist seemed trustworthy.		✓				
3. My therapist treated me with respect.				✓		
4. My therapist did a good job of listening.					✓	
5. My therapist understood how I felt inside.					✓	
Total →						4
Fulfillment of the Session						
6. I was able to express my feelings during the session.						✓
7. I talked about the problems that are bothering me.						✓
8. The techniques we used were helpful.			✓			
9. The approach my therapist used made sense.		✓				
10. I learned some new ways to deal with my problems.						✓
Total →						4
Satisfaction with Today's Session						
11. I believe the session was helpful to me.			✓			
12. Overall, I was satisfied with today's session.		✓				
Total →						2
Your Commitment						
13. I plan to do everything I was asked to do before the next session.		✓				
14. I intend to use what I learned in today's session.		✓				
Total →						2
Negative Feelings During the Session						
15. At times, my therapist didn't seem to understand how I felt.						✓
16. At times, I felt uncomfortable during the session.						✓
17. I didn't always agree with my therapist.						✓
Total →						3
Difficulties with the Questions						
18. I was hard to answer some of these questions honestly.						✓
19. Sometimes my answers didn't show how I really felt inside.						✓
20. It would be too upsetting for me to criticize my therapist.						✓
Total →						3
What did you like the least about the session? <u>The questions</u>						
What did you like the best about the session? <u>The relationship</u>						

17Y PRIMARY NOCTURNAL ENURESIS

BRIEF MOOD SURVEY – 1ST VISIT

Therapeutic Empathy

1. My therapist seemed warm, supportive, and concerned.			✓		
2. My therapist seemed trustworthy.		✓			
3. My therapist treated me with respect.				✓	
4. My therapist did a good job of listening.					✓
5. My therapist understood how I felt inside.					✓
Total →					14

Your Commitment

13. I plan to do therapy homework before the next session.		✓			
14. I intend to use what I learned in today's session.		✓			
Total →					2

What did you like *the least* about the session? The narcissism

What did you like *the best* about the session? The enthusiasm

17Y PRIMARY NOCTURNAL ENURESIS

BRIEF MOOD SURVEY – 2ND VISIT

Evaluation of Therapy Session*					
Instructions. Use checks (✓) to indicate how you felt about your most recent therapy session. Please answer all the items.					
	1-Not at all true	2-Somewhat true	3-Moderately true	4-Very true	5-Completely true
Therapeutic Empathy					
1. My therapist seemed warm, supportive, and concerned.				✓	✓
2. My therapist seemed trustworthy.				✓	✓
3. My therapist treated me with respect.				✓	✓
4. My therapist did a good job of listening.				✓	✓
5. My therapist understood how I felt inside.			✓		
Total →					17
Helpfulness of the Session					
6. I was able to express my feelings during the session.					✓
7. I talked about the problems that were bothering me.	✓				
8. The techniques we used were helpful.				✓	
9. The approach my therapist used made sense.					✓
10. I learned some new ways to deal with my problems.		✓			
Total →					12
Satisfaction with Today's Session					
11. I believe the session was helpful to me.					✓
12. Overall, I was satisfied with today's session.				✓	
Total →					7
Your Commitment					
13. I plan to do therapy homework before the next session.					✓
14. I intend to use what I learned in today's session.					✓
Total →					2
Negative Feelings During the Session					
15. At times, my therapist didn't seem to understand how I felt.		✓			
16. At times, I felt uncomfortable during the session.			✓		
17. I didn't always agree with my therapist.		✓			
Total →					4
Difficulties with the Questions					
18. It was hard to answer some of these questions honestly.	✓				
19. Sometimes my answers didn't show how I really felt inside.	✓				
20. It would be too upsetting for me to criticize my therapist.	✓				
Total →					3
What did you like the least about the session? <u>Hard to say, nothing stands out</u>					
What did you like the best about the session? <u>The Sincereness of the therapist</u>					

17Y PRIMARY NOCTURNAL ENURESIS

BRIEF MOOD SURVEY – 2ND VISIT

Therapeutic Empathy

1. My therapist seemed warm, supportive, and concerned.					✓
2. My therapist seemed trustworthy.				✓	
3. My therapist treated me with respect.					✓
4. My therapist did a good job of listening.					✓
5. My therapist understood how I felt inside.			✓		
Total →					17

Your Commitment

13. I plan to do therapy homework before the next session.					✓
14. I intend to use what I learned in today's session.					✓
Total →					8

What did you like **the least** about the session? Hard to say, nothing stands out

What did you like **the best** about the session? The sincerity of the therapist

EMPATHY

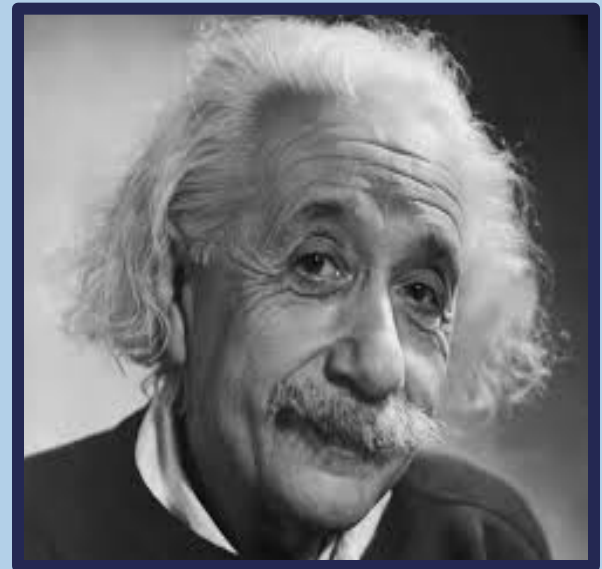
EMPATHY

Most **important** part of developing **rapport** with patients.



EMPATHY

“Empathy is patiently and sincerely seeing the world through the other person’s eyes. It is not learned in school; it is cultivated over a lifetime.”



IS THIS EMPATHY?



WHAT IS EMPATHY?



EMPATHY

“...when listeners’ empathic concern was high, empathic accuracy facilitated responsiveness.”

Winczewski LA, Bowen JD, Collins NL. (2016). Is Empathic Accuracy Enough to Facilitate Responsive Behavior in Dyadic Interaction? Distinguishing Ability From Motivation. *Psychological Science*, 27(3), 394-404.

“JUST LIVE WITH IT.”

Q. How do we as therapists respond to patients whose clinicians have told them this?



“JUST LIVE WITH IT.”

Q. What has the patient just told us?
Thought empathy.



“JUST LIVE WITH IT.”

Q. How is he/she likely to be feeling?
Feeling empathy.



EMPATHY IS NOT...

- Trying to help someone.
 - That can come later.

MEET PATIENTS WHERE THEY ARE

- Don't try to cheer them up.
- And, don't just jump right in with methods.

COMBINING TESTING, EMPATHY, AND SIDING WITH PATIENT'S RESISTANCE



COMBINING TESTING, EMPATHY, AND SIDING WITH PATIENT'S RESISTANCE

Name _____

Date _____

Name: _____ Date: _____

Brief Mood Survey*

Instructions. Use checks (✓) to indicate how you're feeling. Please answer all the items.

How sad do you feel right now?

	0-Not at all ☹	1-A little	2-In between 😐	3-A lot	4-Completely ☹
1. I feel sad and unhappy.	✓				
2. I feel like things will never get better.	✓				
3. I'm no good.		✓			
4. I feel like a loser.	✓				
5. I'm not having any fun.	✓				
Total →					1

How suicidal have you been feeling recently?

1. Sometimes I wish I were dead.	✓				
2. Sometimes I want to kill or hurt myself.		✓			
Total →					1

	0-Not at all ☹	1-A little	2-In between 😐	3-A lot	4-Completely ☹
1. I feel sad and unhappy.	✓				
2. I feel like things will never get better.	✓				
3. I'm no good.	✓				
4. I feel like a loser.	✓				
5. I'm not having any fun.	✓				
Total →					0

1. Sometimes I wish I were dead.	✓				
2. Sometimes I want to kill or hurt myself.	✓				
Total →					0

COMBINATION OF EMPATHY AND SIDING WITH PATIENT'S RESISTANCE



AGENDA SETTING

WHAT IS AGENDA SETTING?

Determining motivation

MOTIVATION

I don't feel
like it



MOTIVATIONAL INTERVIEWING LEADS TO...

...better results in patients with generalized anxiety disorder.(1)

“...lower resistance and post-treatment worry.”(2)

1. Westra, HA, Constantino, MJ, Antony, MM.
2016, J Consult and Clin Psych Col 84,
No. 9, 768-782.

2. Aviram, A., Westra, H.A., Constantino, M.J., & Antony,
M.M. (2016, March 31) Responsive management of early
resistance in cognitive-behavioral therapy for generalized
anxiety disorder. Journal of Consulting and Clinical
Psychology. (epub ahead of print)

CONCEPTUALIZATION

1. Mood disorder (anxiety, depression)
2. Relationship problem
3. Habit or Addiction
4. Normal problem
5. Somatic or Body problem

CONCEPTUALIZATION

1. Mood disorder (anxiety, depression)
2. Relationship problem
3. Habit or Addiction
4. Normal problem
5. Somatic or Body problem

Note: Sometimes patients have more than one.

is pacing back and
omatic complaints and ru
ation.

Anxiety

feeling of worry, nervousne
unease, typically about a

WHAT IS OUTCOME RESISTANCE?

“I DON’T WANT TO CHANGE!”



WHAT IS OUTCOME RESISTANCE?

1. What would a **positive** outcome/change look like?
2. Why might the patient **not want** that result?
3. What might the patient **lose**?
4. How does the symptom **help** the patient?

WHAT IS OUTCOME RESISTANCE?

1. Depression: I really am worthless.
I don't have a job or a significant other.
2. Anxiety: motivates me, protects me.
3. Relationship: I don't want to have a
better relationship with my husband/wife.

WHAT IS OUTCOME RESISTANCE?

4. Habit/Addiction: I deserve it. I work hard all day and alcohol/marijuana helps me relax. I don't really have a problem.
5. Body/Somatic problem: I don't have to go to school. I get out of certain activities/chores.

WHAT IS PROCESS RESISTANCE?

What would the patient have to do to recover that s/he might not want to do?

PATIENTS MAY NOT WANT TO:

1. Homework (for depression)
2. Exposure (for anxiety)
3. Take responsibility (in a relationship)
4. Give up something pleasurable (in addictions)
5. Go to school (with stomach aches)

PARADOXICAL AGENDA SETTING

**OPENS UP THE PATIENT'S
UNCONSCIOUS...**

**SO THAT HE/SHE CAN TALK BACK
TO THE UNCONSCIOUS
RESISTANCE.**

MELTING AWAY RESISTANCE



OUTCOME VS. PROCESS RESISTANCE



OUTCOME RESISTANCE: SIDE WITH PATIENT'S RESISTANCE

Reframe it in **flattering** terms, and **encourage** the patient **not to change**.

It is a deep form of **empathy** and **support**.

IT'S PARADOXICAL



PROCESS RESISTANCE: ISSUE THE “GENTLE ULTIMATUM”

What you **MUST** do if you want me to work with you on this problem.

PATIENT VIGNETTES: VIDEOS



71Y WRITER IN SILICON VALLEY

Sometimes, he feels he is too old because he works in a high-tech world where youth is valued and age is not. He works with and for people much younger than he is.

Q. What would you tell him?
(audience participation)

71Y WRITER IN SILICON VALLEY

My question to him: “Don’t you think you’re too old to be working with those young people? Shouldn’t you just retire and relax?”

His lesson that he shared with me and gave me permission to share with you: “I had to figure out how to play the wisdom game.”

71Y WRITER IN SILICON VALLEY

“Dr. Lazarus, I felt you were constructively teasing me with this question—and found it very effective. You had a twinkle in your eye and it worked very well for me. I remember you also used it when we met on the street one time. I really liked this and benefited from it. **The wit and humor really helped connect with me.**”

MAGIC DIAL



AUDIENCE VOLUNTEER NEEDED



AUDIENCE VOLUNTEER NEEDED

Ideally, performance anxiety in the past:

Musician

Actor

Dancer

Sports performance

Public speaking

Test anxiety

Someone teaching a workshop here 😊

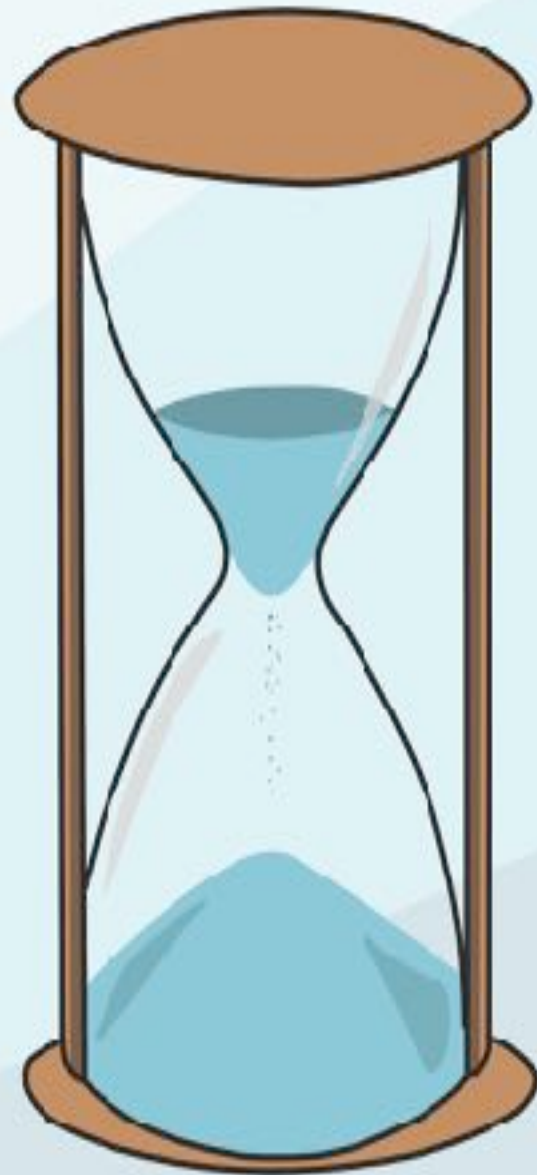
NOT A SERIOUS PROBLEM.

AUDIENCE VOLUNTEER: ADDITIONAL CRITERIA

Mildly ambivalent...

Good sense of humor! 😊

AGAIN, NOT A SERIOUS PROBLEM.



CHOOSE A SPECIFIC MOMENT



MAGICAL OR MIRACLE CURE



AUDIENCE VOLUNTEER NEEDED



MAGICAL OR MIRACLE CURE

No more worrying about tests/playing tennis/
performing at a recital.

MAGIC BUTTON





REASONS NOT TO PRESS THE BUTTON

Reasons NOT to press the button

- It shows I care.
- Shows I have high standards.
- Motivates me.
- Keeps me focused and alert.

REASONS NOT TO PRESS THE BUTTON

Reasons NOT to press the button

- I get extra attention.
- I get extra sympathy.

REASONS NOT TO PRESS THE BUTTON

Reasons NOT to press the button

- Protects me: If I am too anxious, I can't play/perform, and then I can't embarrass myself and be rejected by others.

REASONS NOT TO PRESS THE BUTTON

Reasons NOT to press the button

- Gives me an excuse: If I don't play/perform well, I can blame it on that anxiety.

SO, GIVEN ALL THOSE GOOD REASONS...

Why would you want to press that
button?

REASONS TO PRESS THE BUTTON

Reasons to press the button

- I'm anxious after the fact and for many minutes later.
- I can't think.
- I can't concentrate.
- I can't focus.

REASONS TO PRESS THE BUTTON

Reasons to press the button

- Unpleasant physical sensations...heart races, trouble breathing, headache, muscle tension, stomach ache.
- I can't perform well.
- I can't be with my friends.

SO WHICH SIDE WEIGHS MORE?



PROS AND CONS

Reasons NOT to

- It shows I care
- Shows I have high standards
- Motivates me
- Keeps me focused and alert
- Extra attention and sympathy
- Protects me
- Gives me an excuse

Reasons to

- I'm anxious after the fact and for many minutes later
- I can't focus
- I can't concentrate
- I can't think
- Unpleasant physical sensations
- I can't perform as well.
- I can't be with my friends.

MAGIC DIAL



MAGIC DIAL

Purple with white numbers

Goal: 3



**WHAT
DID YOU
LEARN...?**

WHAT DID YOU LEARN FROM THIS EXERCISE?

We took the side of the patient's (unconscious) resistance.

Then, the patient talked back to it.

WHAT ELSE DID YOU LEARN FROM THIS EXERCISE?




AGENDA SETTING

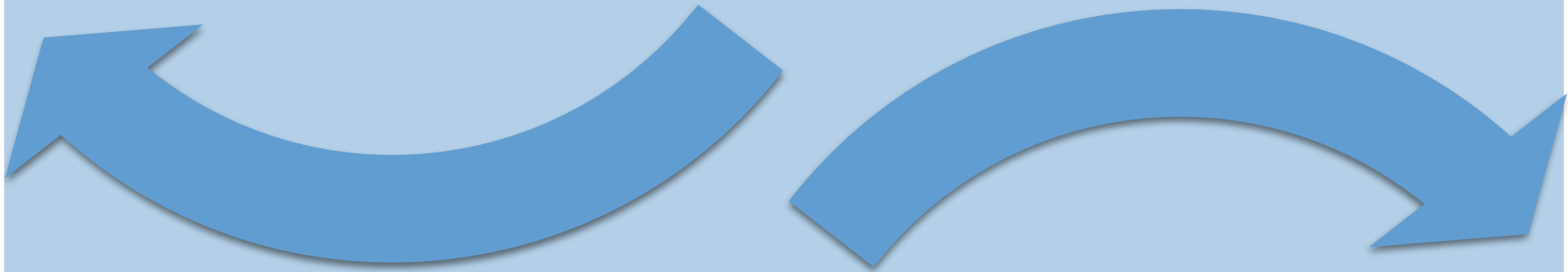
“The biggest error that most therapists make is in setting the agenda.”

----David D. Burns, MD

FAILURE TO SET AGENDA

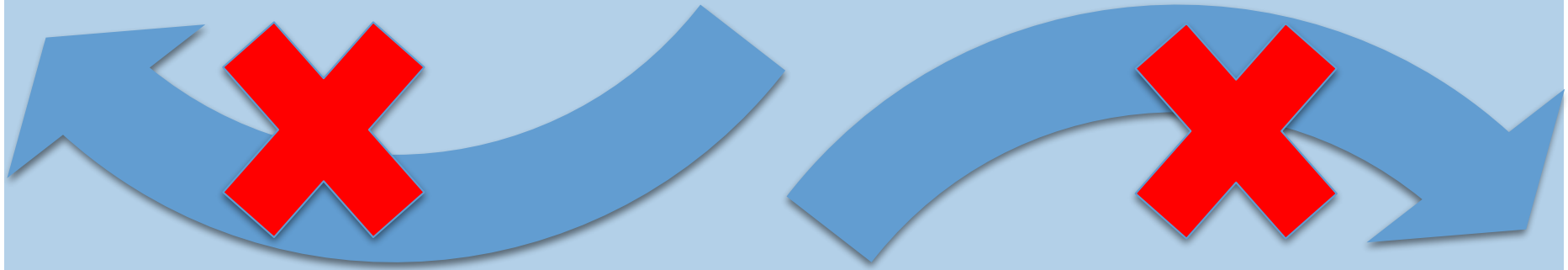
S: 8 ½ year old with Anxiety and FAP

 **Anxiety**



 **Stomach ache**

↓ Anxiety



↓ Stomach ache

FAILURE TO SET AGENDA

Anxiety triggered Functional Abdominal Pain (FAP) and she recognized this.

Abdominal pain controlled after only 2 visits.

3RD VISIT - MEETING WITH MOTHER ALONE

She wanted her daughter to work on **anxiety** specifically related to **sleepovers**.

COST BENEFIT ANALYSIS - SLEEPOVER

Reasons to have a sleepover

- I can have fun
- I get dessert
- Others won't think I am weird

COST BENEFIT ANALYSIS - SLEEPOVER

Reasons NOT to have a sleepover

- I'll feel really bad
- Because I am normally more comfortable with my parents than with somebody else
- I'll feel really nauseated

COST BENEFIT ANALYSIS - SLEEPOVER

Reasons to go:

- I can have fun
- I get dessert
- Others won't think I am weird

Reasons NOT to go:

- I'll feel really bad
- Because I am normally more comfortable with my parents than with somebody else
- I'll feel really nauseated

SO WHICH SIDE WEIGHS MORE?



COST BENEFIT ANALYSIS - SLEEPOVER

Reasons to go:

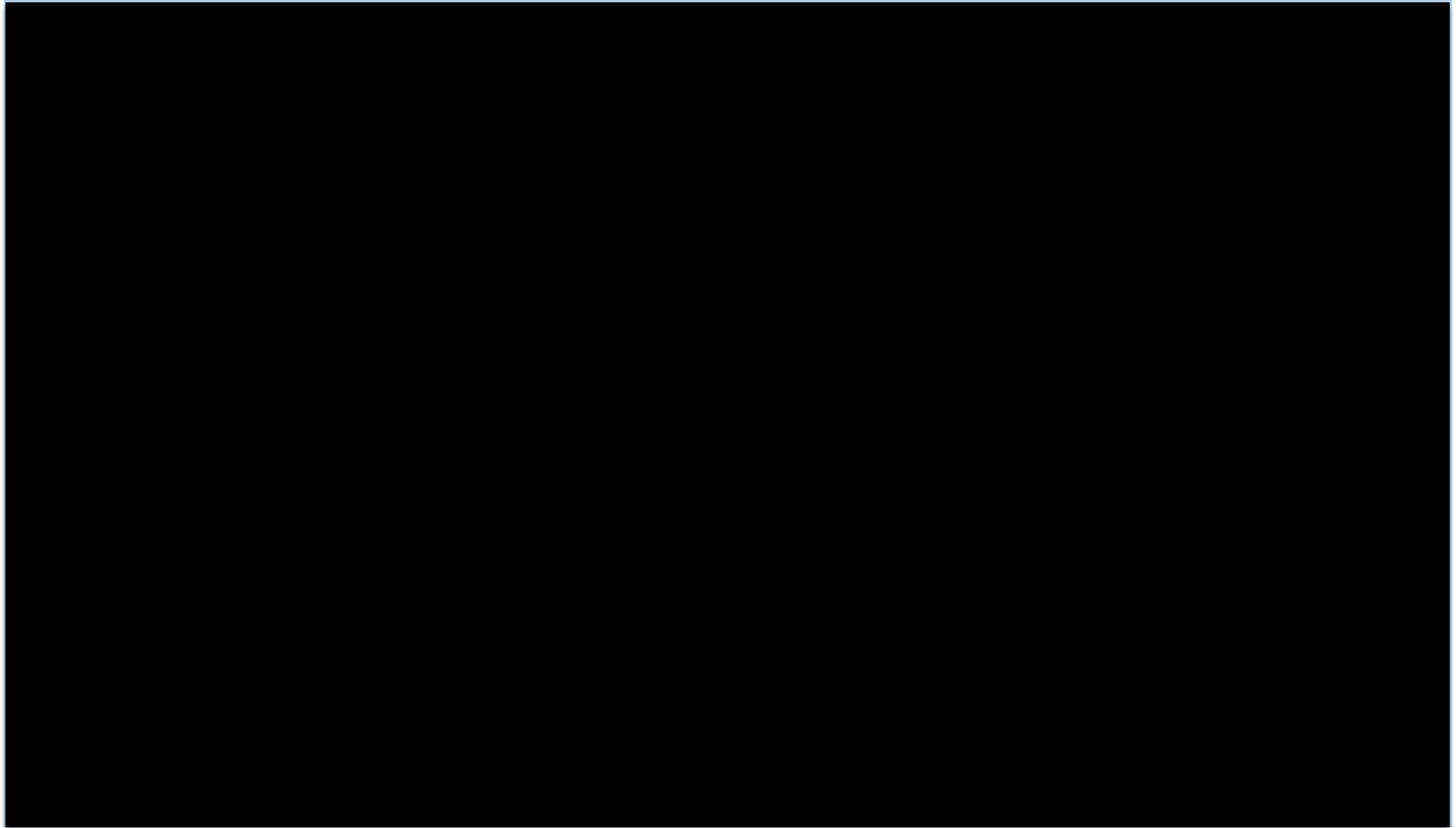
2

Reasons NOT to go:

8

Q. What should I have done?

SITTING WITH OPEN HANDS



IT'S PARADOXICAL



**AHHH... BUT WHAT DID
I DO?**

IT'S HUMAN NATURE



“K” 5Y – SLEEP APNEA

“K” 5Y – SLEEP APNEA

10/19/15, 1st visit: “I’ve seen “a lot of doctors lately.”

This has made him feel both sad and angry. (**EMPATHY**)

“K” 5Y – SLEEP APNEA

“You’re going to make me wear the sleep apnea mask and I don’t want to wear it!”

REASONS NOT TO WEAR SLEEP MASK

1ST VISIT

Reasons NOT to wear mask:

- It's scary
- I don't want it
- It doesn't feel good
- I don't mind being tired
- I get to leave school early
- I like taking naps

REASONS NOT TO WEAR SLEEP MASK

1ST VISIT

So, given all those good reasons,
why would you want to wear that mask?

“K” 5Y – SLEEP APNEA

Played pretend (fighter jet pilot) and he wore mask for 15 minutes during visit.

HADN'T WORN MASK FOR 1 WEEK

2ND VISIT



PARADOXICAL COST BENEFIT ANALYSIS

3RD VISIT



REASONS NOT TO WEAR SLEEP MASK

3RD VISIT

Reasons NOT to wear mask:

- It doesn't feel good
- It feels weird
- I'll have to go to school all day

REASONS NOT TO WEAR SLEEP MASK

3RD VISIT

So, given all those good reasons, why would you want to wear that mask?

REASONS TO WEAR SLEEP MASK

3RD VISIT

Reasons to wear mask:

- I won't have sleep apnea anymore
- I don't like taking naps
- I'll be a normal boy without sleep apnea
- I won't be tired during the day
- I'll be able to play after school
- I'll be able to play soccer
- I'll be able to take a theater class and have playdates

SO WHICH SIDE WEIGHS MORE?



REASONS TO WEAR SLEEP MASK

3RD VISIT

Reasons to NOT wear mask: Reasons to wear mask:

- It doesn't feel good
- It feels weird
- I'll have to go to school all day

- I won't have sleep apnea anymore
- I don't like taking naps
- I'll be a normal boy without sleep apnea
- I won't be tired during the day
- I'll be able to play after school
- I'll be able to play soccer
- I'll be able to take a theater class and have play dates

IT'S PARADOXICAL



**WORE MASK FOR 25MINS AFTER
3RD VISIT**



**WEARS MASK FOR 30MINS DAILY AFTER
4TH VISIT**



EMAIL FROM MOTHER – 2 MONTHS LATER

“Thank you Dr. Lazarus! K is doing really well averaging 6-7 hours/night with the mask and feeling visibly better!

METHODS

METHODS

I believe that once you've done good agenda setting, it almost doesn't matter which methods you use.

M - METHODS

Which methods do you use?

- Hypnosis
- Psychodynamic
- Cognitive Behavioral Therapy
- Humanistic
- Family therapy
- Group therapy
- Behavioral activation
- Dialectical Behavior Therapy

“D” 15Y – CYCLIC VOMITING SYNDROME

Started September, 2012

Vomiting 3-4 times in the morning

Being extremely nauseated all day.

Occurs for 4 days in a row.

Average daily nausea was 7 on a scale to 10.

“D” 15Y – CYCLIC VOMITING SYNDROME

Initially occurred once/month, then once every 3 weeks, then every 2 weeks.

Missed the last 3 months of school.

Stayed home all day watching television and playing video games.

**NO SYMPTOMS ON WEEKENDS OR DURING
SUMMER VACATION!**

“D” 15Y – CYCLIC VOMITING SYNDROME

Evaluated by 2 pediatric gastroenterologists:

- Bloodwork
- Ultrasound
- Endoscopy
- Radioactive scan of gall bladder
- Gastric emptying study

“D” 15Y – CYCLIC VOMITING SYNDROME

Treatments had included:

- Amitriptyline
- Coenzyme Q10
- L-carnitine

“D” 15Y – CYCLIC VOMITING SYNDROME

Met with psychologist twice a week x 10 weeks.

Was taught:

- Deep breathing
- Muscle relaxation
- Positive thoughts
- Some visual imagery

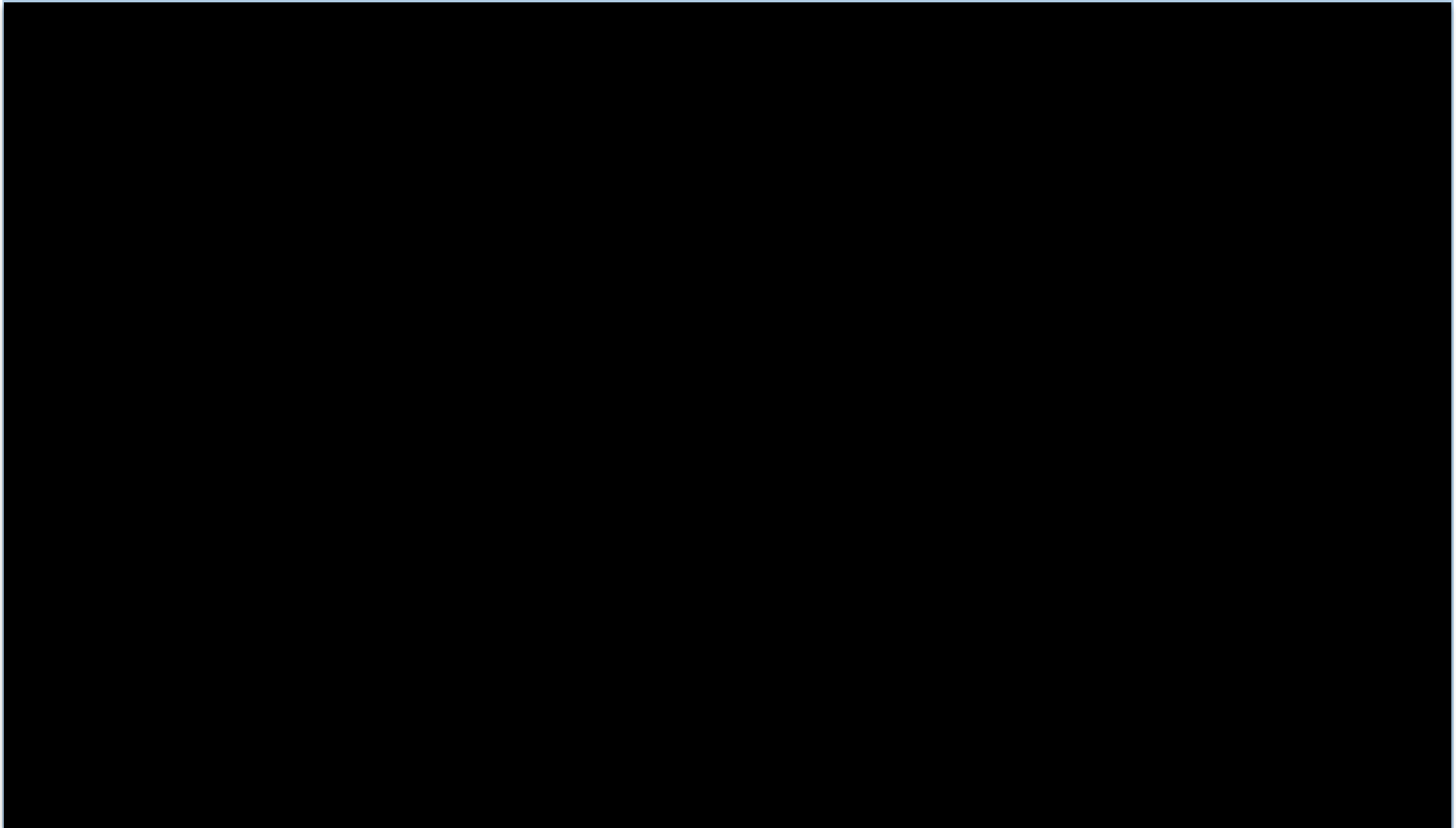


“D” 15Y – CYCLIC VOMITING SYNDROME

We met:

1. October 8, 2013
2. October 9, 2013
3. October 10, 2013

SITTING WITH OPEN HANDS



IT'S PARADOXICAL



“D” 15Y – 1ST VISIT

Positive Feelings Survey*	Before Session					After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. I feel worthwhile.				✓					✓	
2. I feel good about myself.				✓					✓	
3. I feel close to people.			✓					✓		
4. I feel productive.		✓					✓			
5. I feel motivated to do things.		✓						✓		
6. I feel calm and relaxed.			✓					✓		
7. I feel a connection to others.		✓						✓		
8. I feel hopeful.			✓						✓	
9. I feel encouraged and optimistic.			✓						✓	
10. My life is satisfying.			✓					✓		
Total →					17					23

“D” 15Y – 3RD VISIT

Positive Feelings Survey*	Before Session					After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. I feel worthwhile.				✓					✓	
2. I feel good about myself.				✓						✓
3. I feel close to people.			✓					✓		
4. I feel productive.				✓					✓	
5. I feel motivated to do things.				✓					✓	
6. I feel calm and relaxed.					✓					✓
7. I feel a connection to others.				✓					✓	
8. I feel hopeful.					✓					✓
9. I feel encouraged and optimistic.					✓					✓
10. My life is satisfying.				✓						✓
Total →				32					34	

MORE IMPORTANT THAN HYPNOSIS: UTILIZING DAVID BURNS, MD'S, TEAM APPROACH IN CHILDREN AND ADOLESCENTS

**Jeff Lazarus, MD, FAAP
Former Associate Clinical Professor
Case Western Reserve University School of Medicine**

**1220 University Drive, Suite 104
Menlo Park, California 94025
1-650-322-5333
JeffLazarusMD@gmail.com
www.JeffLazarusMD.com**

“S” 14Y - REFERRED FOR FUNCTIONAL ABDOMINAL PAIN

Brief Mood Survey saved me!

- Pointed out that I was not the right clinician for this patient.

"S" 14Y - BRIEF MOOD SURVEY

Brief Mood Survey*		Before Session					After Session				
		0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
Instructions. Use checks (✓) to indicate how you're feeling <i>right now</i> . Please answer all the items.											
How <i>depressed</i> do you feel right now?											
1. Sad or down in the dumps			✓					✓			
2. Discouraged or hopeless			✓					✓			
3. Low self-esteem, inferiority, worthlessness			✓					✓			
4. Loss of motivation to do things			✓					✓			
5. Loss of pleasure or satisfaction in life			✓					✓			
		Total →					Total →				
		5									
How <i>suicidal</i> do you feel right now?											
1. Do you have any suicidal thoughts?			✓								
2. Would you like to end your life?			✓								
		Total →					Total →				
		2									

"S" 14Y - BRIEF MOOD SURVEY

Positive Feelings Survey*	Before Session					After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
Instructions. Use checks (✓) to indicate how you're feeling <i>right now</i> . Please answer all the items.										
1. I feel worthwhile.		✓					✓			
2. I feel good about myself.		✓					✓			
3. I feel close to people.		✓					✓			
4. I feel productive.		✓					✓			
5. I feel motivated to do things.		✓					✓			
6. I feel calm and relaxed.		✓					✓			
7. I feel a connection to others.		✓					✓			
8. I feel hopeful.		✓					✓			
9. I feel encouraged and optimistic.		✓					✓			
10. My life is satisfying.		✓					✓			
Total →				10						

Relationship Satisfaction *	Before Session						After Session							
	0—Very Dissatisfied	1—Moderately Dissatisfied	2—Somewhat Dissatisfied	3—Neutral	4—Somewhat Satisfied	5—Moderately Satisfied	6—Very Satisfied	0—Very Dissatisfied	1—Moderately Dissatisfied	2—Somewhat Dissatisfied	3—Neutral	4—Somewhat Satisfied	5—Moderately Satisfied	6—Very Satisfied
Put the name of an important relationship in your life: <u>my dog</u>														
Use checks (✓) to indicate how you feel about this relationship. Please answer all 5 items.														
1. Communication and openness						✓							✓	
2. Resolving conflicts						✓							✓	
3. Degree of affection and caring						✓							✓	
4. Intimacy and closeness						✓							✓	
5. Overall satisfaction						✓							✓	
Total →						20								