

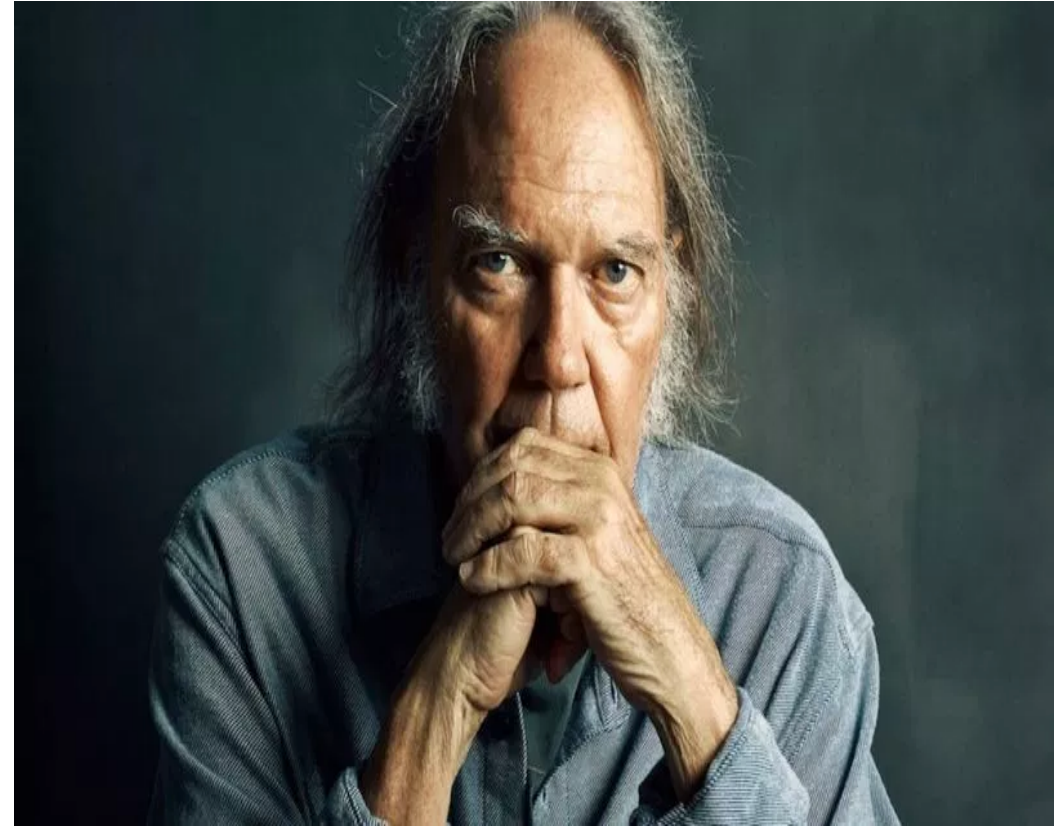


Great Conversation 6: Training Therapists to Work with Anxiety and Depression (Gilligan and Miller)

(Stephen Gilligan's Notes)



**The Neil Young
story:
A case of a creative
relationship
with “anxiety”**



Training Principle # 1: See each client as a person unfolding on a creative life journey.

1. This life journey has many dimensions and challenges, leading to multiple (contradictory) “ego states”, some positive and some not.
2. “Anxiety” and “depression” are, *as transient experiences*, normal and healthy responses on this life path.
3. They become persistent “pathologies” when functionally isolated and negatively valued. (*The error-correction error*: When attention slips from primary positive unfolding to states of disconnection, the “fall from grace” ensues.) This starts with the client and is too often exacerbated by the therapist.
4. When welcomed into a positive space and inter-connected with resources, anxiety/depression can become part of a integrated self.

Training principle # 2: All experiential patterns are constructed, and thus can be de- and re-constructed

1. How do you create anxiety? Depression?
2. How do you create a positive “meta state” filled with curiosity and resources?
3. How do you welcome the negative pattern (“anxiety” or “depression”) into a positive state, to transform into a positive resource?

“Transformational mantras”

1. *That’s interesting...*
2. *I’m sure that makes sense....*
3. *Something is trying to wake up (or heal)*
4. *Welcome!*



Thank You.....
And May the Force be with you!



Stephen Gilligan, Ph.D.
www.StephenGilligan.com