

# Redecision Therapy



A Brief, Action-Oriented Approach

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**Carolyn E. Lennox, Ed.**

# Redecision Therapy A Brief Action Oriented Approach

**Arthur James Wells**



## **Redecision Therapy A Brief Action Oriented Approach:**

Redecision Therapy Carolyn E. Lennox, 1997-03-01 Editor Carolyn Lennox characterizes the rededecision therapist as a director in an improvisational theater Guided by the client's personal contract for change the therapist helps the client select and rewrite old scripts in which he or she was cast as victim By keeping the dialogue moving and assisting the client in confronting negative messages the therapist supports revision of the last act so that the self can be experienced as triumphant protagonist and the victory can be carried over into everyday life This compendium of contributions from twenty two experienced rededecision therapists first addresses issues of theory how to negotiate a clear contract for change how to identify client's impasses how to access the client's potential for creativity what transactional analysis calls the natural child and then illustrates applications of the theory in the treatment of depression anxiety bulimia PTSD and so forth in individuals and groups and in private HMO and hospital settings Closing chapters discuss rededecision therapy training and supervision The book's thoroughly accessible approach to brief action oriented therapy will be welcomed by students and practitioners alike as what Dr Lennox gracefully terms teachable and learnable magic

**Transactional Analysis Approaches to Brief Therapy** Keith Tudor, 2002-02-05 Of all the approaches to therapy Transactional Analysis or TA is arguably one of those most suited to time limited work At a time when short term therapy is increasingly dominant as a form of practice Transactional Analysis Approaches to Brief Therapy provides an insightful guide which both informs and challenges Rather than a single theory TA has developed as a group of four schools which share a common philosophy but place different emphasis on what occurs during the therapeutic process Written by therapists at the leading edge of developments in TA the book presents and differentiates each of these four approaches Through transcripts and commentaries it shows how theory applies to practice for example

Redecision Therapy Carolyn E. Lennox, 1997-03-01 Editor Carolyn Lennox characterizes the rededecision therapist as a director in an improvisational theater Guided by the client's personal contract for change the therapist helps the client select and rewrite old scripts in which he or she was cast as victim By keeping the dialogue moving and assisting the client in confronting negative messages the therapist supports revision of the last act so that the self can be experienced as triumphant protagonist and the victory can be carried over into everyday life This compendium of contributions from twenty two experienced rededecision therapists first addresses issues of theory how to negotiate a clear contract for change how to identify client's impasses how to access the client's potential for creativity what transactional analysis calls the natural child and then illustrates applications of the theory in the treatment of depression anxiety bulimia PTSD and so forth in individuals and groups and in private HMO and hospital settings Closing chapters discuss rededecision therapy training and supervision The book's thoroughly accessible approach to brief action oriented therapy will be welcomed by students and practitioners alike as what Dr Lennox gracefully terms teachable and learnable magic

**Interviews With Brief Therapy Experts** Michael F. Hoyt, 2013-05-13 This book is a compilation of twelve interviews with brief therapy experts and some of

the field's most influential innovators O Hanlon de Shazer White and Meichenbaum to name a few The interviews conducted to explore technical theoretical and ethical aspects of the theory and practice of brief therapy offer the give and take spontaneity that can only be found in an interview style The selection of the content is based on both the expertise of the interviewees as well as those issues of most concern to the field managed care and economics ethics and being solution focused

**Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition** Kathleen Wheeler, 2013-12-11 Print CourseSmart [Psychotherapy for the Advanced Practice Psychiatric Nurse](#) Kathleen Wheeler, 2020-09-10 The leading textbook on psychotherapy for advanced practice psychiatric nurses and students Award winning and highly lauded Psychotherapy for the Advanced Practice Psychiatric Nurse is a how to compendium of evidence based approaches for both new and experienced advanced practice psychiatric nurses and students This expanded third edition includes a revised framework for practice based on new theory and research on attachment and neurophysiology It advises the reader on when and how to use techniques germane to various evidence based psychotherapy approaches for the specific client problems encountered in clinical practice This textbook guides the reader in accurate assessment through a comprehensive understanding of development and the application of neuroscience to make sense of what is happening for the patient in treatment Contributed by leaders in the field chapters integrate the best evidence based approaches into a relationship based framework and provides helpful patient management strategies from the first contact through termination This gold standard textbook and reference honors the heritage of psychiatric nursing reaffirms the centrality of relationship for psychiatric advanced practice and celebrates the excellence vitality depth and breadth of knowledge of the specialty New to This Edition Revised framework for practice based on new theory and research on attachment and neurophysiology New chapters Trauma Resiliency Model Therapy Psychotherapeutics Re uniting Psychotherapy and Psychopharmacotherapy Trauma Informed Medication Management Integrative Medicine and Psychotherapy Psychotherapeutic Approaches with Children and Adolescents Robust instructor resources Key Features Offers a how to of evidence based psychotherapeutic approaches Highlights the most useful principles and techniques of treatment for nurse psychotherapists and those with prescriptive authority Features guidelines forms and case studies to guide treatment decisions Includes new chapters and robust instructor resources chapter PowerPoints case studies and learning activities

*Brief Therapy and Beyond* Michael F. Hoyt, 2017-08-25 Brief Therapy and Beyond is a collection of new and selected papers by prominent psychologist Michael Hoyt Numerous clinical vignettes and informative discussions describe time sensitive treatments to relieve psychological distress and or promote growth Drawing from an encyclopedic knowledge of the professional literature as well as humor poetry sports and candid revelation Hoyt illustrates the importance of stories language love hope and time in shaping worldviews that inspire and empower clients and clinicians to make effective and efficient changes

*Pediatric Interviewing* James Binder, 2011-04-08 ObivoV brac vV eJ de teJcnh makrhv Life is short the art long Hippocrates Pediatric Interviewing A

Practical Relationship Based Approach by James Binder is filled with a unique blend of wisdom experience and evidence which will serve as a guide and as a reminder that what comes first in the care of the patient is the language and the silences that are shared between patient and physician The medical interview quickly establishes the type of caring relationship the two will share In this age of electronic medical records pay for performance and evidence based medicine it is easy to lose sight that medicine is fundamentally about one person who has knowledge and experience providing care for another individual who is asking for help How the physician organizes his or her interactions has an important impact on the experience and outcome for both the physician and for the patient Dr Binder presents a conceptual framework with which to approach interviewing and illustrates this framework with practical examples from years of teaching and practice Physicians in training will find this book filled with wisdom and much needed recommendations about how to approach the medical interview For those of us who have been in practice a number of years Dr Binder's book can serve as a refreshing opportunity to reflect in detail about something many of us take for granted the complexity of the medical interview

*Transformational Chairwork*, Scott Kellogg, 2014-12-18 Transformational Chairwork Using Psychotherapeutic Dialogues in Clinical Practice is an exposition of the art and science of Chairwork It is also a practical handbook for using the Chairwork method effectively with a wide range of clinical problems Originally created by Dr Jacob Moreno in the 1950s and then further developed by Dr Fritz Perls in the 1960s Chairwork has been embraced and reenvisioned by therapists from cognitive behavioral existential Jungian experiential psychodynamic and integrative perspectives Transformational Chairwork builds on this rich and creative legacy and provides a model that is both integrative and trans theoretical The book familiarizes clinicians with essential dialogue strategies and empowers them to create therapeutic encounters and reenactments Chairwork interventions can be broadly organized along the lines of external and internal dialogues The external dialogues can be used to help patients work through grief and loss heal from interpersonal abuse and trauma manage difficult relationships and develop and strengthen their assertive voice The internal dialogues in turn focus on resolving inner conflicts combatting the negative impact of the inner critic and the experience of self hatred working with dreams and nightmares and expanding the self through polarity work Using both internal and external strategies this book explores how Chairwork dialogues can be a powerful intervention when working with addictions social oppression medical issues and psychosis This is done through the use of compelling clinical examples and scripts that can be read studied and enacted Chairwork's central emphasis is helping patients express each of their voices as distinctly and as forcefully as possible The book concludes with a review of the deepening technique the strategies that therapists can use to help facilitate clarity and existential ownership

*Some Stories are Better than Others* Michael F. Hoyt, 2013-08-21 There are stories that we use to explain what happened to us twenty years ago or last week those we use to explain why the world works the way it does and those that we sue to fix the world when it doesn't work the way other stories said it should And as the author points out in this collection of essays and interviews some of these stories are

better than others This book is an investigation into which might be the better stories and how they can help clients reach their goals in therapy This book contains fifteen essays and interviews written or co written by Michael Hoyt The collection represents Dr Hoyt s recent thinking on helping clients with the brief future orientated therapeutic approaches      **Gestalt Therapy** Ansel L. Woldt, Sarah M. Toman, 2005-01-20 Gestalt Therapy History Theory and Practice is an introductory text written by major Gestalt theorists that will engage those new to Gestalt therapy Editors Ansel Woldt and Sarah M Toman introduce the historical underpinnings and fundamental concepts of Gestalt therapy and illustrate applications of those concepts to therapeutic practice The book is unique in that it is the first Gestalt text specifically designed for the academic and training institute settings Gestalt Therapy takes both a conceptual and a practical approach to examining classic and cutting edge constructs      Life Scripts Richard G. Erskine, 2018-05-08 Life Scripts A Transactional Analysis of Unconscious Relational Patterns is an exciting collection of contemporary writings on Life Script theory and psychotherapeutic methods Each chapter describes an evolution of Eric Berne s original theory and brings together a stimulating range of international perspectives theoretical positions clinical experiences and psychotherapy practices as well as a psychotherapy story that illustrates the theory The concept of Life Scripts has frequently been associated with the determinism represented in theoretical scripts yet this book offers some new and diverse perspectives A few contributors address the significance of early childhood experiences in forming a Life Script while others reflect the perspectives of post modernism constructivism existential philosophy neuroscience developmental research mythology and the importance of narrative An illustrious group of authors has integrated a broad professional perspective into their understanding of a theory of mind theories of personality and the methods of psychotherapy Each chapter provides a unique theoretical perspective some are provocative and challenge Berne s and others long held notions about Life Scripts      **Essentials of Group Therapy** Virginia M. Brabender, Andrew I. Smolar, April E. Fallon, 2004-04-28 The ideal resource for setting up and working with therapy groups Group therapy is an increasingly popular treatment modality for a variety of disorders and client populations Essentials of Group Therapy provides both professionals and students with a clear overview of the group therapy process its history and development and the critical skills required for working effectively with groups This valuable guide presents several models and techniques for setting up and leading a number of different types of groups explained with a distinct practitioner focus As part of the Essentials of Mental Health Practice series this book provides information mental health professionals need to practice knowledgeably efficiently and ethically in today s behavioral healthcare environment Each concise chapter features numerous callout boxes highlighting key concepts bulleted points and extensive illustrative material as well as Test Yourself questions that help you gauge and reinforce your grasp of the information covered Essentials of Group Therapy focuses on the practical aspects of deciding when and for whom group therapy is effective building groups for long and short term therapy as well as support and self help groups and managing the issues that can arise as groups develop The authors

provide examples of how to handle leadership training and diversity as well as ethical and legal issues in an effective and compassionate manner *Essentials of Group Therapy* provides an invaluable reference for mental health students and professionals studying or working in any practice

**Primary Care Interviewing** James Binder, 2013-06-07 Primary care is complex unpredictable and requires a biopsychosocial orientation An indispensable teaching resource *Primary Care Interviewing Learning Through Role Play* thoroughly details how to use role play to teach the basics and more complex aspects of medical interviewing skills to trainee clinicians Role playing is ideally suited to teach clinicians how to interview and relate to patients and this unique and concise title includes not only sample role plays and dialog but also a wealth of accompanying online video role plays to enhance the learning process Part one presents how to teach basic interviewing skills needed for effective communication such as joining promoting self awareness open ended communication dealing with emotions structuring skills and asking questions to uncover concerns and related beliefs or theories of illness Part two addresses the teaching of specific more complex interviewing skills such as addressing a patient's mental health issues sexual health somatic conditions and giving bad news

*Comprehensive Handbook of Psychotherapy, Interpersonal/Humanistic/Existential* Florence W. Kaslow, Robert F. Massey, Sharon Davis Massey, 2004-01-30 Now available in paperback In this volume theoretical frames modalities and applications are examined for Interpersonal Humanistic Existential psychotherapy Topics range from Culturally Sensitive Psychotherapy with Children to Spiritually Sensitive Therapy and Existential Treatment with HIV AIDS clients

**The Palgrave Handbook of Ubuntu, Inequality and Sustainable Development** Ezra Chitando, Beatrice Okyere-Manu, Sophia Chirongoma, Musa W. Dube, 2025-02-28 The Palgrave Handbook of Ubuntu Inequality and Sustainable Development interrogates the multiple inequalities that subsist in the world and explores how Ubuntu emerging from Africa but being potentially applicable elsewhere holds promise for mitigation and resolution It highlights inequalities that relate to gender climate change the environment race migration and the struggle against poverty It reflects on how and the extent to which Ubuntu can be a strategic resource in pursuit of equality and justice

*The Handbook of Constructive Therapies* Michael F. Hoyt, 1998-07-10 A guide to the use of treatment approaches known as constructive therapies The leading teachers and practitioners in this powerful handbook represent a variety of schools of therapeutic treatments that all share an optimistic view of people as resourceful individuals who construct their own realities Emphasizing a collaborative approach the therapies focus on the strengths and resources of the clients and look to where people want to go rather than where they have been Hoyt should be commended for bringing together in one volume diverse voices that bring alive the exciting possibilities that mark and define this new era of psychotherapy Steven Freidman author of *Time Effective Psychotherapy*

*Psychology and Mental Health: Group therapy* Jaclyn Rodriguez, Tracy Irons-Georges, 2001 Topics include Abnormality Addictive personality and behaviours Aggression Agoraphobia and panic disorders Alcoholism Alzheimer's Disease Amnesia Analytical psychotherapy Multiple personality Anorexia and bulimia

nervosa Antisocial personality Anxiety disorders Aphasias Attention Deficit disorder Autism Bed Wetting Behavioral family therapy Biofeedback Borderline histrionic and narcissistic personalities Brain disorders Child abuse Codependent personality Cognitive therapy Dementia Depression Divorce and separation Domestic violence Down syndrome Dyslexia Eating disorders Forgetting and forgetfulness Geriatric psychiatry Gestalt therapy Grief and guilt Group therapy Hypochondriasis Identity crisis Insomnia Jealousy Juvenile delinquency Learning disabilities Lobotomy Manic Depressive disorder Mental health Mental retardation Midlife crisis Modeling therapies Music dance theater therapy Neurosis Obsessive Compulsive disorder Paranoia Phobias Play therapy Post traumatic stress Psychiatry Psychoactive drug therapy Psychoanalysis Psychosis Psychosomatic disorders Psychosurgery Psychotherapy Reality therapy Schizophrenia Seasonal affective disorder Sexual dysfunction Sibling rivalry Sleep Apnea Syndromes Stress Substance abuse Suicide Teenage suicide Transactional analysis and Type A Behavior pattern      The British National Bibliography Arthur James Wells,1998      *Concise Guide to Marital and Family Therapy* Leslie B. Kadis,Ruth McClendon,1998 Presents both the theoretical and practical cornerstones of relationship therapy that help therapists move a family or couple toward healing This guide focuses on therapy with families and couples the field of marital and family therapy MFT This therapeutic approach is about changing relationships through changing the interactions among the people who make up the family or marital unit



Redecision Therapy A Brief Action Oriented Approach: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Redecision Therapy A Brief Action Oriented Approach : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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