

Thirty-Fifth Annual Meeting of the Society of Descriptive Psychology October 17-20, 2013

The American Mountaineering Center
710 10th Street, Golden, Colorado

Preconference Workshop #1—October 17, 2013

Applying Descriptive Psychology to Problems in Psychotherapy

Ray Bergner, PhD

9:00 AM -12:30 PM

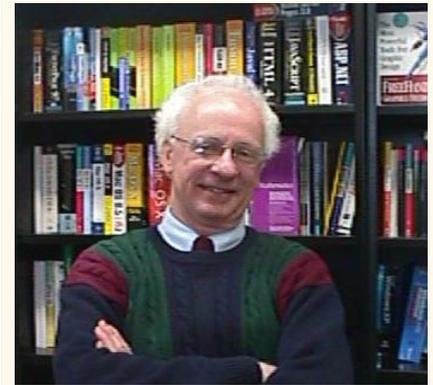
The American Mountaineering Center

Onsite Registration: 8:00 AM – 9:00 AM

The therapeutic marketplace is filled with many good therapy ideas. They all have made cogent and useful contributions to the ability of therapists to intervene effectively. So, if that is the case, can therapy based on Descriptive Psychology (DP) provide you anything that you can't get elsewhere, that might help you better help your clients? More specifically, can it add anything to your understanding of your clients and your existing repertoire of interventions? The answer is a resounding "yes." This workshop will attempt to document this claim in a number of ways, a few of which follow:

- *Status Dynamics*. In this workshop, we will introduce you to a powerful avenue to change, that of modifying clients' *statuses*.
- *The Therapeutic Relationship*. With respect to this all important relationship, the Descriptively based Status Dynamics conception of the therapeutic relationship represents an enormous expansion of, and reconceptualization of the standard model of the therapeutic relationship.
- *World Reconstruction*. "If a person turns to a Descriptive psychotherapist for help, the Descriptive therapist, operating in accordance with the choice principles for doing psychotherapy and Status Dynamic maxims developed by Peter G. Ossorio, PhD, looks to see what it is about a client's world formulation that is leaving the client in an impossible position. After identifying the problem, the therapist comes up with a reformulation of the client's world, a reformulation that opens up new possibilities and alternatives for the client."
- *Individual Case Formulation*. An approach to assessment and to diagnosis which differs from DSM-based diagnoses (though not inconsistent with many uses of traditional DSM categories) will be presented.
- *The Lynchpin Factor*. A DP therapist often tries to identify what is termed a "lynchpin" factor. Such a factor is one that lies at the heart of multiple client problems, is amenable to change, and whose removal will usually result in a corresponding removal of many of the client's problems.

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Ray Bergner received his PhD in Clinical Psychology from the University of Colorado under the direction of Peter Ossorio. He is currently Professor of Psychology at Illinois State University and has a private practice in Bloomington, Illinois.

His work in Descriptive Psychology has been concerned with its applications to psychopathology, psychotherapy, and various philosophy of science issues. He is a two-time President of the Society for Descriptive Psychology (1984 and 2004), a member of the Editorial Board of *Advances in Descriptive Psychology* and the co-editor of four volumes in this series.

Dr. Bergner has published over 80 articles, book chapters, books, and edited books. Many of these articles have appeared in such national and international journals as *Psychotherapy*, *Clinical Psychology: Science and Practice*, *Family Process*, *The American Journal of Psychotherapy*, *The Journal of Sex and Marital Therapy*, and *The Journal of Theoretical and Philosophical Psychology*.

**See next page
for information
about fees and
CE credits.**

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- *Using Therapeutic Images and Stories.* In DP therapy, a standard practice is to use images and stories both to articulate the nature of clients' problems and to illuminate paths to change
- *Employing Therapy Policies.* DP-based psychotherapy makes heavy use of a large set of therapy policies. These are procedural guidelines or choice principles for the conduct of therapy such as a) "Appeal to what matters," b) "Respect both sides of the client's ambivalence," and c) "Deal with the reality basis of emotions." The principles provide guidance for therapeutic conduct across a wide range of circumstances.
- *An Integrative Framework.* DP provides, uniquely we believe, an integrative framework within which all explanations of psychopathology and their coordinated therapeutic remedies can be integrated. This framework will be described as part of the workshop.

Specific Learning Objectives:

Workshop participants, at the completion of the activity, will be able to:

1. Define "Status" and "Status Dynamics."
2. Describe ways in which the framework of "Status Dynamics" can increase their ability to make a difference in the lives of their clients.
3. List the basic ideas involved in Status Dynamic Psychotherapy.
4. Illustrate ways to use stories and images in the conduct of psychotherapy.
5. Describe ways to use therapy policies in the conduct of psycho-therapy.
6. Discuss ways to create a positive therapeutic relationship based on Status Dynamics that can help promote change.

Graduate Students — in Psychology, Mental Health Counseling, Social Work, and Marriage and Family Counseling — are admitted **free of charge**. They may also attend one-half day of the regular conference without charge.

Society Members: \$35 each workshop or \$60 for both
Licensed Non-Members: \$45 each workshop or \$80 for both

REGISTER NOW at <http://panhandlelearning.com/id5.html>

Anyone who wishes to receive CE credits must pay an additional fee. See column to the right.

**For further information
about the Society for Descriptive Psychology,
visit the Web site at www.sdp.org**

**Check out
the complete
conference schedule!**

www.sdp.org

Continuing Education Credits

Earn 3.5 CE Credits for this workshop

The fee to receive your 3.5 CE credits is \$10. This fee is in addition to the registration fee of \$35 per Member and \$45 per Non-Member.

The Panhandle Learning Institute will also provide 3.5 CE credits for Preconference Workshop #2, as well as 7-10 hours of CE Credits for the conference.

Please contact Linda Wasserman at pelican.post@att.net with questions, or visit the Web site at www.panhandlelearning.com to find complete details about CE policies and procedures.

The Panhandle Learning Institute, a division of The Pelican Enterprise, LLC, serves as the Continuing Education cosponsor for the Society of Descriptive Psychology.

The Panhandle Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Panhandle Learning Institute maintains responsibility for this program and its content.

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Preconference Workshop #2—October 17, 2013

Using Descriptive Psychology to Develop a Way to Work More Effectively with People Who Suffer From Depression

David Bender, PhD

1:30 PM-5:00 PM

The American Mountaineering Center

Onsite Registration:

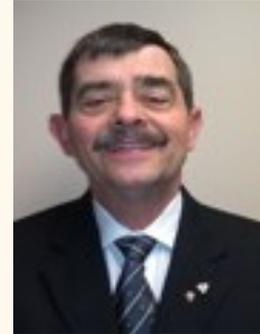
8:00 AM – 9:00 AM & 12:30 PM-1:30 PM

This workshop provides participants with ways to use Descriptive Psychology (DP) to answer the perennial question asked by graduate students and recently trained clinicians: “Okay, I’ve learned all these theories about depression and therapy, but what do I do with this depressed person waiting in my office?” A comprehensive account of what depression is and why each person becomes depressed will introduce the concept that the first thing DP therapy provides to therapists is a way to show their clients how it makes sense for them to be depressed. It also provides powerful avenues to help people recover from depression without resorting to the use of medications. Many of these avenues will be introduced with examples of cases in which they were used. The workshop will also provide opportunities to practice the Descriptive approach to individual case formulation. Finally, there will be an opportunity for participants to present cases in order to discuss how DP can be applied to clinical problems in those cases.

More specifically, through lecture and demonstration, the workshop will provide participants with the following concepts, tools, and skills:

- Practical therapeutic tools to develop concise individual case formulations and individualized treatment plans you can easily justify to third-party reviewers.
- New treatment options to reduce reliance on medications and avoid liability risks.
- Ways to quickly establish effective relationships of trust to increase behavior potential in the first session.
- Ways to increase your clients’ status by treating their behaviors as successful in significant ways, and ways to show clients the more depressed they are, the more successful they are at rejecting a world that has disappointed them.
- Methods to construct personal drama models to make sense of a client’s whole life, ex-post-facto, which helps the client reappraise and change their place in the world.
- Methods to increase effectiveness in therapy by using therapeutic images that help increase the client’s status, often without the client doing anything different.

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Dave Bender is a native Hoosier who received a BS in Psychology from Purdue University, a traveler who received his MA in Psychology from California State University at San Jose (formerly San Jose State College) and a transplanted volunteer who received his PhD from the University of Tennessee, Knoxville in Clinical Psychology.

“I was rescued from the throes of conventional psychology by one of Peter Ossorio’s students, Ray Carlson, while on internship and also while seriously pondering a more sensible occupation like farming. Since then, I have used the DP concepts in applied clinical settings, including a state psychiatric hospital, community mental health center, general medical hospital and private practice. He has served the Society for Descriptive Psychology as a member of the Board of Directors and also as President of the Society.”

Dr. Bender says, “I’m married for 35 years to a wonderful woman, have two children and two grandchildren. I enjoy most anything outdoors.” He and his friend, Reg Garcia, have made numerous high country retreats. Dave’s dry wit and great sense of humor have led him to become a popular speaker in the Society.

**See next page for information about fees
and Continuing Education credits.**

**Check Out Complete
Conference Schedule!**

www.sdp.org

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Specific Learning Objectives

Workshop participants, at the completion of the activity, will be able to:

1. Discuss how it makes sense for clients to be depressed without trying to explain it as a result of chemical imbalances or irrational thoughts.
2. Discuss the need for an individual case formulation for each client.
3. Describe how individual case formulations developed in a Descriptive Psychology framework can lead directly into individualized treatment plans.
4. Provide examples of how such treatment plans can easily and directly be shared with the client and with third-party payers when necessary.
5. Recognize how a "scenario" or "image" can capture the essence of a problem and/or the solution to a problem.
6. Explain the notion of "World reconstruction" in therapy.
7. Describe a Status Dynamic conception of the *self-concept*, why it resists change, and how to change it.

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