New directions in research on well-being: psychological process in everyday contexts

Irene Petruccelli with Lilybeth Fontanesi

Rome, March 19th 2019
Strategic psychology

...and brief strategic psychotherapy
Strategic psychology

The belief that one’s own view of reality is the only reality is the most dangerous of all delusions. (Paul Watzlawick)

- You can’t affect the cards that you are dealt with, but you can determine how to play them.
- Allow yourself to see what you don’t allow yourself to see. (Milton H. Erickson)

- It takes two to know one
- When we think of coconuts or pigs, there are no coconuts or pigs in the brain. (Gregory Bateson)

Problem talk creates problems, Solution talk creates solutions. (Steve de Shazer)
Who?

- JD Haley: Strategies of Psychoterapy (1963), the focus is on the communication, and how the therapist uses it to filling the purpose... create the change.

- School of Palo Alto (Mental Research Institute):
  - Bateson: a famous antropologist, fan of Margaret Mead, also the founder of the Systemic Psychotherapy, the mother of SP
  - Watzlavick: The creator of the modern Brief Strategic Psychotherapy, using communication, strategies, groups, and not more than 10 sessions

- Milton Erickson: He taught to the Palo Alto researchers, the value of hypnosis

- Steve De Shazer: ... focus on the solution, not on the problem!

- Nardone: the one who took SP to Italy
Fundaments of Strategic Psychology

Cybernetic Theory (Bateson)
- Mind system
- Communication system

Constructivism
- Personal perspective
- Subjective reality

Ambivalence
- Emotions
- Relations
Fundaments of Strategic Psychology

Perceptive-reactive system (Watzlawick-Nardone)

Self-Deception

Perception/Reality

Reality of 1° and 2° order

Observing from afar

Reality/desire

Being part of someone’s reality

Changes of 1° and 2° order

Attempted solutions

Alternative solutions, real change
<table>
<thead>
<tr>
<th>Fundaments of Strategic Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Circular Casuality</strong></td>
</tr>
<tr>
<td>• Non linear model</td>
</tr>
<tr>
<td>• Influence of different factors in human interaction</td>
</tr>
<tr>
<td><strong>Complementary/symmetry</strong></td>
</tr>
<tr>
<td>• One up-One down</td>
</tr>
<tr>
<td>• Equality of rational positions</td>
</tr>
<tr>
<td><strong>Problem Oriented/Solution oriented</strong></td>
</tr>
<tr>
<td>• Focus on the problem</td>
</tr>
<tr>
<td>• Focus on the solution</td>
</tr>
</tbody>
</table>
Fundaments of Strategic Psychology

Non ordinary logics (Watzlawick, MRI)

Belif/Conviction

Circular  Self-fulfilling prophecy

Paradox

Logic rules violation  «I lie»

Contradiction

Time  Entrenched problems
“ENGAGE PEOPLE WITH WHAT THEY EXPECT; IT IS WHAT THEY ARE ABLE TO DISCERN AND CONFIRMS THEIR PROJECTIONS. IT SETTLES THEM INTO PREDICTABLE PATTERNS OF RESPONSE, OCCUPYING THEIR MINDS WHILE YOU WAIT FOR THE EXTRAORDINARY MOMENT – THAT WHICH THEY CANNOT ANTICIPATE.” - SUN TZU

Strategic Psychology is like a war between the patient and the therapist.

Strategems of communication, come directly from philosophy, anthropology, radical constructivism but especially from the ART OF WAR, by Sun Tzu
Therapeutic stratagems (*how to solve complicated problems with simple solutions*)

1) Lying by telling the truth
2) Worsen the situation
3) Pour gasoline on fire (put out fire by adding logs)
4) The riverbed is the same, but the water is different (therapist)
5) Disturb the water to catch a fish (be delusional!)
6) Circular vs linear (be nice to aggressive people, and aggressive with depressed people)
Criticism

• Where is the subconscious?
• What about the TRIGGER?
• You remove the symptoms but you don’t treat the problem
• What do you mean by BRIEF?!
• Don’t you care about past traumas and past experiences?
PNL

Bioenergetics

Communication

Hypnosis

Stratagems/perscriptions
and then.. There is YOU

- Sarcasm
- Humor
- Disclosures
- Metaphors
- Pop Culture
- Book, Film, Tv Shows
- Use the techniques, don’t become the technique
- Be flexible
- Control your emotions
  ...(or not!)
Istituto per lo Studio delle Psicoterapie

WHERE?
- Roma (Via San Martino della Battaglia, 31)
- Bari
- Lamezia
- Reggio Calabria
- Catania

WHAT?
- Psychoterapy, counselling, group therapies
- Scuola di Specializzazione in psicologia breve strategica
- Tirocini pre-post lauream per psicologi
- Mater in Scienze criminologiche e psicologia giuridica
- Master in Psicologia delle Dipendenze
- Master in Sessuologia Clinica
- Corso di Alta Formazione in ipnosi
References


Thank you!

Dr. Lilybeth Fontanesi
Lilybeth.fontanesi@unipd.it