

# Developing Your Therapeutic Style: The Art of Talk Therapy

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Engagement:  
talking like a  
book but not  
sounding like  
the book

- Clinical Authority
- Being Authentic
- Application of Theory
- Social Cliches

# Clinical Authority

- “There’s two of you in the room.”
  - Thanks Jane 😊
- Clients, consumers, clients, patients, clients: seek you out for your expertise
- Use your knowledge, but...
- Knowledge is NOT power (so what is it?)
- Supervision

## Being Authentic

- You be you; I'll be me
- Timing: when can you ask things, say things: right away, or much later
- Science: PHQ, GAD, scaling questions: sure, but the tool is talk and language is an art

## Application of Theory

- CBT, Person-Centered, Psychoanalytic, Existential, Reality, Family Systems, Coaching, Case Management, Improv, many others
- Evolve your approach
- Self disclosure
- What is manipulation?

## Social Cliches: Reframes

- Bad days
- Waiting for the other shoe to drop
- Marriage is work
- Your office as a safe space
- Feelings aren't facts
- You have to love yourself first

## Social Cliches: Commas and Clarifications

- Money can't buy you happiness
- My parents did the best they could
- If you want change...
- Silence is golden
- Failure is not an option
- You're making me mad/you're going to drive me to drink

# Evolving Your Style

- Find your role models and resources from outside the field
  - Stand Up Comedy
  - Debate
  - Virtual Reality
  - Politics
  - Logical Fallacies
- The struggle to keep it new (change v complacency)

Be Curious!

- Relationship math v. romantic math
- Black, white, and gray
- Self-help
- My very educated mother
- Extraordinary claims require extraordinary evidence

Questions?

- Thank you!