

# **Facilitation on the Edge: Developing Professional Skills and Competence to Facilitate Therapeutic Change**

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[http://double\\_black\\_diamond.tripod.com/](http://double_black_diamond.tripod.com/)

<http://www.du.edu/~citin/home.html>

### **Operating assumptions during the workshop:**

1. We are here to learn and grow as professionals.
2. Learning is best accomplished as a participatory adventure involving action and experience.
3. That risk and personal experience are essential to learning.
4. Play, joy, laughter, and humor are essential to a safe and healthy environment.
5. The norms of confidentiality and respect will be enforced during this workshop.
6. That we are all talented, competent and skilled change agents.

### **Assumptions we are making during this workshop:**

#### **1. Definition of terms**

Counselor — Works with client to discover issues and problem solve solutions.

Therapist — Engages in the skills of a counselor but also is able to work productively with whatever client is bringing to therapy and helps client move on a meta level to resolution of issues.

Therapy — The relationship between a client and anyone working with the client to resolve issues on a meta level.

Therapeutic — The quality of or movement toward developing a life supporting and affirming healthy state.

Client – Can be an individual, group, family or some combination.

Practitioner – A generic term for any person who works with clients.

#### **2. The adventure practitioner takes an active stance in the change process.**

An active stance is defined as the practitioner taking an active role in and responsibility for determining interventions to address specifically identified problems or concerns.

## **Overview of the Double Black Diamond Approach**

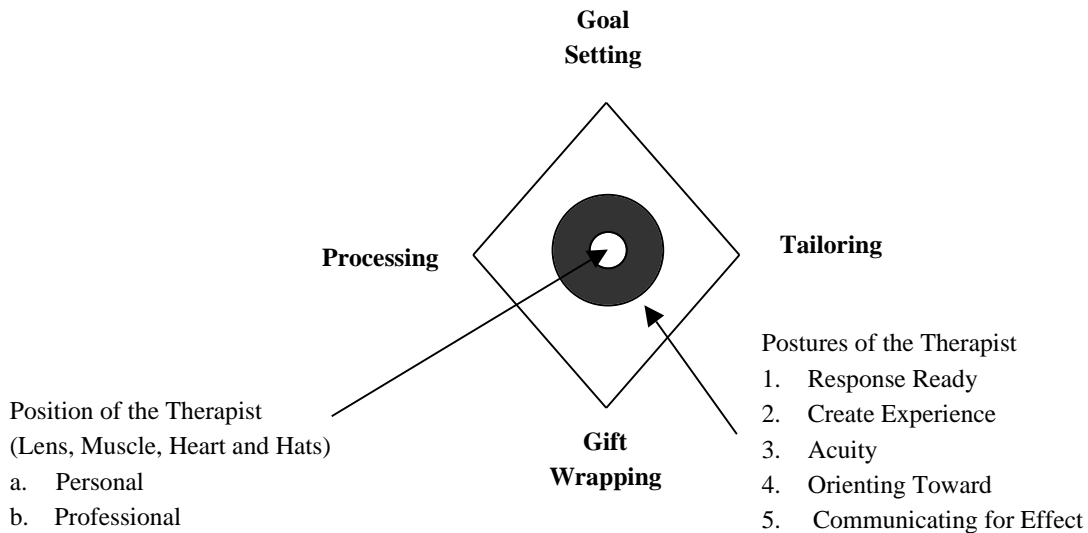
The Double Black Diamond approach is based on an Ericksonian perspective. This perspective includes:

- The principle of utilization – that all and any client behaviors, actions, thoughts, feelings, or related elements can be used in the change process and are gifts that the client brings to the process.
- Views therapy as an exchange of presents, between client and the practitioner.
  - \* The client's problems are their gifts brought to the relationship.
  - \* The interventions are the practitioner's gifts.
- The practitioner is the conductor and makes choices about the interventions based on an interactive process.
- The choice of interventions is based on the:
  - \* Position of the Therapist
  - \* Postures of the Therapist
- The gift giving process includes
  - \* Goal Setting (selecting the gift)
  - \* Tailoring the Goal (making the gift specific to this client)
  - \* Giftwrapping the Goal (presenting the gift in a way that is appropriate for the client)
  - \* Processing the exchange (receiving back the gift from the client which will include the client's reaction)

## **Overview of Application to Adventure Therapy**

Utilizing The Double Black Diamond approach in adventure therapy directs us toward the purposeful choice of activities and to the tailoring of the introduction of the activity to the specific needs of the client (individual, family, group). It combines the positive approach of both an Ericksonian approach as well as an experiential approach to maximize the dynamic process of both. It directs us toward the creative use of self and of activity, and directs the meta change to occur on a biological, psychological, or social level.

## Zeig's Diamond Model of the Ericksonian Process



### Position of the Therapist

"Who am I?"

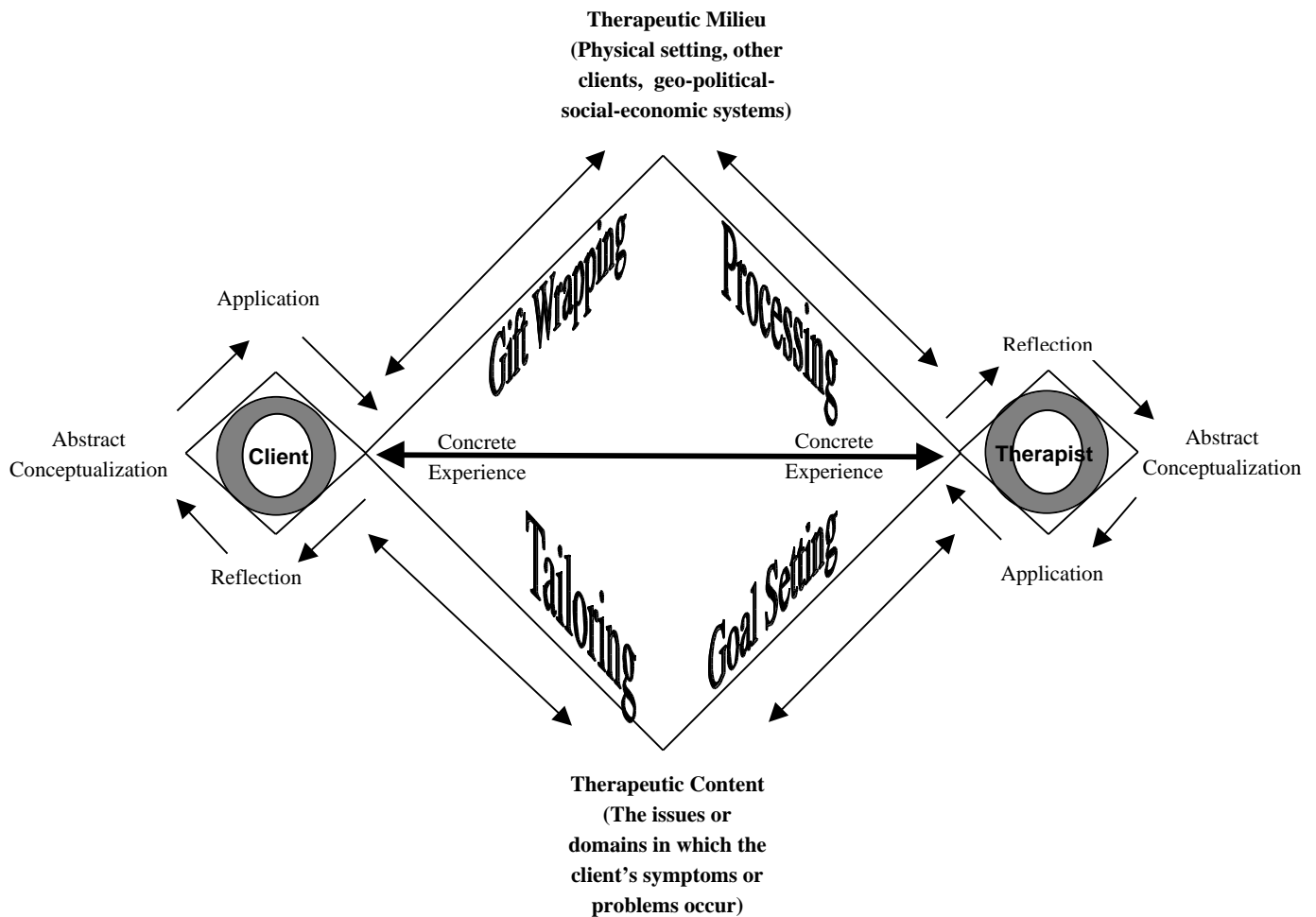
"What can I elicit from myself to help the client?"

- 1) **Lens** = perception, a therapist's ability to see, hear, and sense the information being given by the client.
- 2) **Muscle** = power in therapy, ability to utilize skills of therapy for change. Ability to draw upon experience and training to utilize what the client is providing for therapy.
- 3) **Heart** = compassion, concern and care for the client, genuine respect and belief in the client and the client's health.
- 4) **Hats** = social role, position of the therapist in the social context of the client's life, and in the context of the professional relationship.

### Postures of the Therapist in Ericksonian Psychotherapy

- 1) Response Ready Position - Utilization is the response ready posture of the therapist, ready to utilize everything that is being given to you. Response ready position, is similar to the spotting position.
- 2) Create experience - Do not need to meta-comment (comment on the thoughts, feelings, actions) (catcher ready position, arms out stretched). Therapy is a process of experiences, one experience after another.
- 3) Acuity - Perceptual acuity, readiness to see, hear and sense all that might be offered by the client.
- 4) Orient toward - indirect communication, use of metaphor, stories, and other means to speak toward the client.
- 5) Communicate for Effect - tonality, pacing, voice inflection, using voice to elicit and create a particular and desired effect.

## The Double Black Diamond Model of Adventure Therapy



### The Gift Giving Process from an Ericksonian Perspective

#### Goal Setting

*"What information is desired/needed by the client?"*

*"What do I want to communicate to the client?"*

*"What is my objective, what is the desired result?"*

Based on the stance of the practitioner and their ability to utilize both their position and their postures, the practitioner identifies a course of action based on the client's goals and the gifts presented. It is our skill in using our stance that allows us to identify/receive the problem (gift) that the client is sharing. Our intervention (gift) is chosen for the client based on our interpretation of the problem (this does not mean that the client is not involved in the process, rather we are focusing on the active stance of the practitioner).

## **Tailoring**

*"How do I individualize the intervention to the client?"*  
*"What are the values, beliefs, position of the client?"*  
*"How do I make this gift unique to this client?"*

This is about making the gift specific for this client. How do we make it a unique and meaningful present just for them. This is the process of using the client's language information about their posture and positions to make the gift relevant to the client.

## **Gift Wrapping**

*"How do I want to communicate the goal to the client?"*  
*"What methods will I use to communicate the goal or subgoal?"*

The symptoms the client is experiencing is the gift wrapping of the problem (gift). The symptoms will often be recursive (i.e. presenting themselves in slightly varying forms). The way we present our intervention (i.e. the choice of intervention strategy, how this intervention is presented, and other elements) is the gift wrapping for our intervention. We must also be ready to present our interventions in slightly different forms to match the client's changing symptoms. In the adventure context the choice of the actual activity is an integral part of the giftwrapping.

## **Processing**

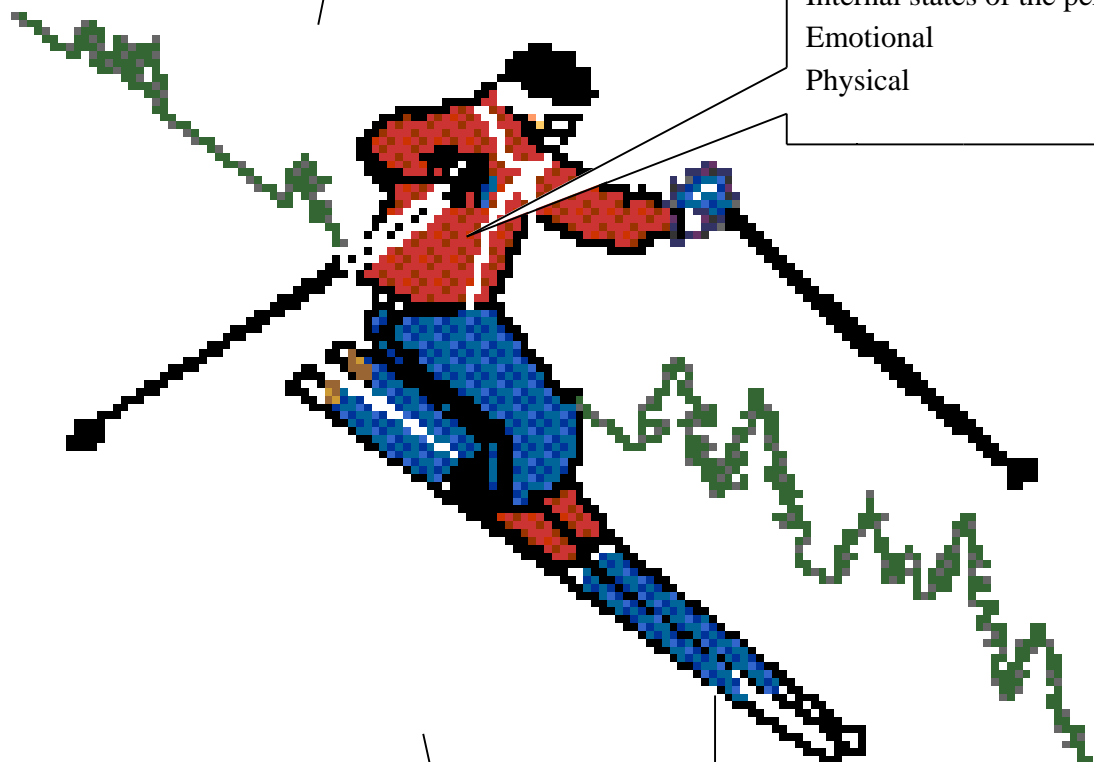
*"How is the gift given to the client?"*  
*"How is the gift received by the client?"*  
*"How does the therapy become a significant event?"*

We are not referring to talking about the intervention but rather making the intervention a process. Processing is about seeing therapy and intervention process, and being ready to respond to this process (i.e. responding to the meta-level issues). We present our gift and must be ready to respond to the way it is received and the material is presented in response to our gift (i.e. what is presented back to us).

Meta – Level Analysis of Skiing

Avalanche conditions,  
UV influences

Internal states of the person  
Emotional  
Physical



The slope of the mountain  
The obstacles under the snow

The edge  
on the ski  
The wax on  
the ski

## Types of Adventure Programs and Associated Change

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Program Type	Type of Change
Recreation	Change in feelings – particularly aimed at increasing pleasurable feelings
Education	Change in thinking – includes generating new awareness, exposure to new skills and ideas.
Developmental & Therapeutic*	Change in behavior – both increasing functional behaviors and positive actions and reducing dysfunctional and negative actions
Therapy	Change in meta-process – behaviors, cognition's, and unconscious processes that impede or support therapeutic change.

\* Developmental and Therapeutic programs are both directed at changing behaviors. However the nature of the clientele and often the system level are different. Developmental programs are often aimed at employment situations while therapeutic programs are aimed at internalized elements of social problems.

### Levels of Facilitation

Basic Facilitation – Is primarily concerned with the experiential learning process. It is concerned with facilitating the experiential learning of client's

Intermediate Facilitation – is concerned with the experiential learning process and with the transactional processes involving the learning environment and the subject matter.

Advanced Facilitation – is concerned with experiential learning, the transactional process and with the meta-level processes

Master Level Facilitation – makes it all look easy

