

# MAKING THERAPY WORK

A Dynamic Model for Moving through  
Trauma and Other Difficult Experiences

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*for the*  
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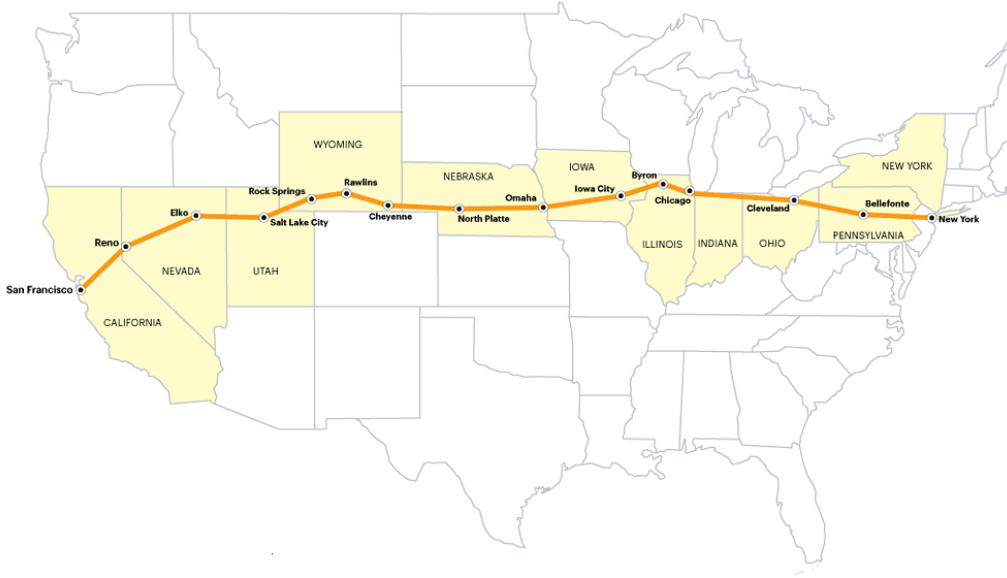
- ⦿ Naropa University
- ⦿ Noeticus Counseling Center & Training Institute

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- ⦿ Naropa University
- ⦿ Noeticus Counseling Center & Training Institute
- ⦿ Present Moment Counseling

# WHY DOES THIS MATTER



# HOW WE VIEW THIS MATERIAL

Work with people who have chronic and/or complex trauma

- Adult survivors of sexual abuse
- Adult survivors of ritual abuse

Work with people in active to early addiction recovery

- Clients with chemical and/or process addictions

Work with people who have co-morbid diagnoses

- dual diagnoses; psychological and medical; individual/family system

Loosely based on client “Level of Functioning” (formerly known as GAF)

Level I: Low internal structure; Needs increased external structure : “Forest Fire”

Level II: Moderate internal structure; Needs some external structure : “Bonfire”

Level III: High internal structure; Needs minimal external structure : “Cozy Fireplace”

# WHAT THIS IS NOT...

- ⦿ Not supervision on current cases
- ⦿ Not consultation for program development or revision
- ⦿ Not a “one-size fits all, quick fix” solution
- ⦿ Not speaking for all clients who have experienced trauma
- ⦿ Not a substitute for seasoned clinical judgment
- ⦿ Not a comprehensive training on “how to treat trauma”
- ⦿ \_\_\_\_\_
- ⦿ \_\_\_\_\_

# WHAT THIS IS...

- ⦿ A model or map to inform the clinical process
  - assessment, diagnosis, and treatment
- ⦿ An invitation to explore the relationship between support and structure
- ⦿ A dynamically-balanced relationship between client and therapist
- ⦿ A way to get “unstuck” from traps that prevent therapy from happening
- ⦿ A lot of hard work and commitment
- ⦿ A workable process requiring creativity and skillfulness
- ⦿ A therapeutic relationship that is client-centered, but therapist-directed
- ⦿ A focus on being an effective, trauma-informed therapist rather than a well-meaning, but trauma-naive therapist
- ⦿ \_\_\_\_\_
- ⦿ \_\_\_\_\_

# WHO IS TRAUMA-INFORMED

- ◎ Someone who understands trauma theory and defense strategies.
- ◎ Someone who understands human development (including neurological).
- ◎ Someone who understands the structuring of the self in the context of relational mirroring and reflection.
- ◎ Someone who understands the importance of rupture and repair in the reworking of relationships.
- ◎ Someone who understands the dynamic interplay among biological predisposition, early experience, and current stressors.
- ◎ Someone who understands the relationships between and among symptom sets and etiological foundations.
- ◎ Someone who has a well-regulated nervous system and who therefore has the capacity for “organismic self-regulation.”

# WHAT IS “GETTING STUCK”

- ⦿ How do we get stuck as Dance/Movement Therapists?
- ⦿ What does getting stuck look like in body organization?
- ⦿ What does getting stuck look like in movement patterning?
- ⦿ What does getting stuck feel like in relationship?



# STAGES OF RECOVERY-HERMAN



# STAGES OF RECOVERY-HERMAN

Stage	Name
Stage 1	Healing Relationship
Stage 2	Safe & Stable Environment
Stage 3	Remembering & Mourning
Stage 4	Reconnection to Community
Stage 5	Commonalities with Others

# HEALING RELATIONSHIPS

- ◉ Stage 1
- ◉ DT Approaches to Rapport Building
- ◉ Facing / Spacing / Pacing
- ◉ Body / Effort / Shape / Space / Phrasing

# SAFE ENVIRONMENT

- ◉ Stage 2
- ◉ DT Approaches to Containment / Expression
- ◉ DT Approaches to Coping Strategies
- ◉ DT Approaches to Structure / Freedom

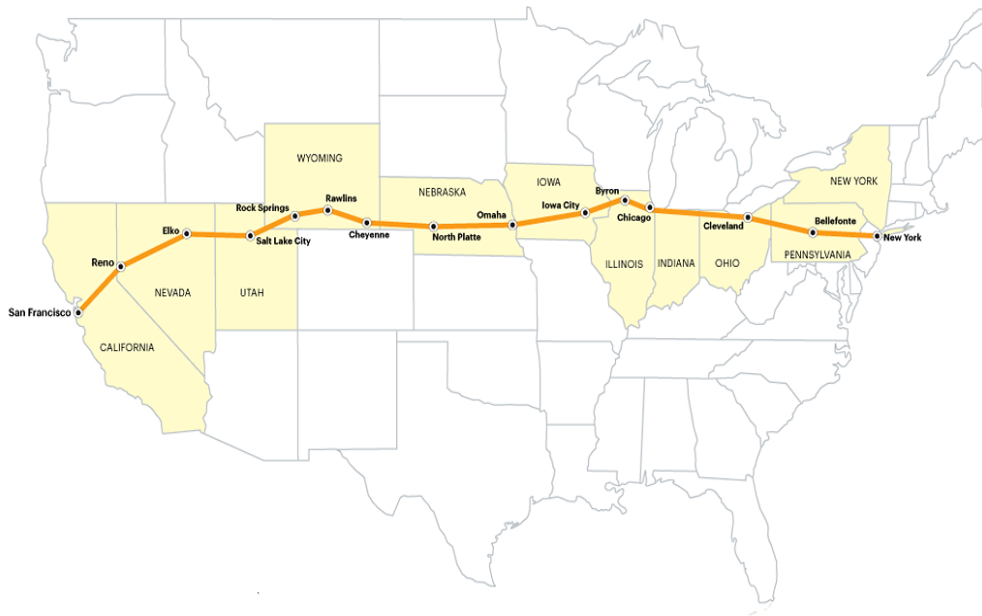
# REMEMBERING & MOURNING

- ◉ Stage 3

- ◉ DT Approach



# WE NEED MORE DETAIL



# FOUR QUADRANTS GRANT & SHAPIRO



# WHY DO PEOPLE TO SUFFER

## ⦿ Non-Acceptance of Reality

- Suffering = Pain + Resistance (Clinging and Aversion)

## ⦿ In any difficult situation, there are four options:

- ⦿ Solve the problem
- ⦿ Change how you feel about the problem
- ⦿ Accept the problem
- ⦿ Suffer

Learning to Accept Reality takes skill and is not modelled well

Therapy is a place to practice reality



Positive  
Fantasy

Positive  
Reality

Negative  
Fantasy

Negative  
Reality

# “The Dirty Deal” (Thanks, but no thanks!)



- It's better to be BAD in a safe and predictable world...



- Than GOOD in an unsafe and unpredictable world.

Positive  
Fantasy

The diagram consists of two rounded rectangular boxes on the left, one above the other, both containing text. Light blue arrows point from the right side of each box towards a large, empty rectangular box on the right. The entire diagram is set against a white background with a purple decorative bar on the far right edge.

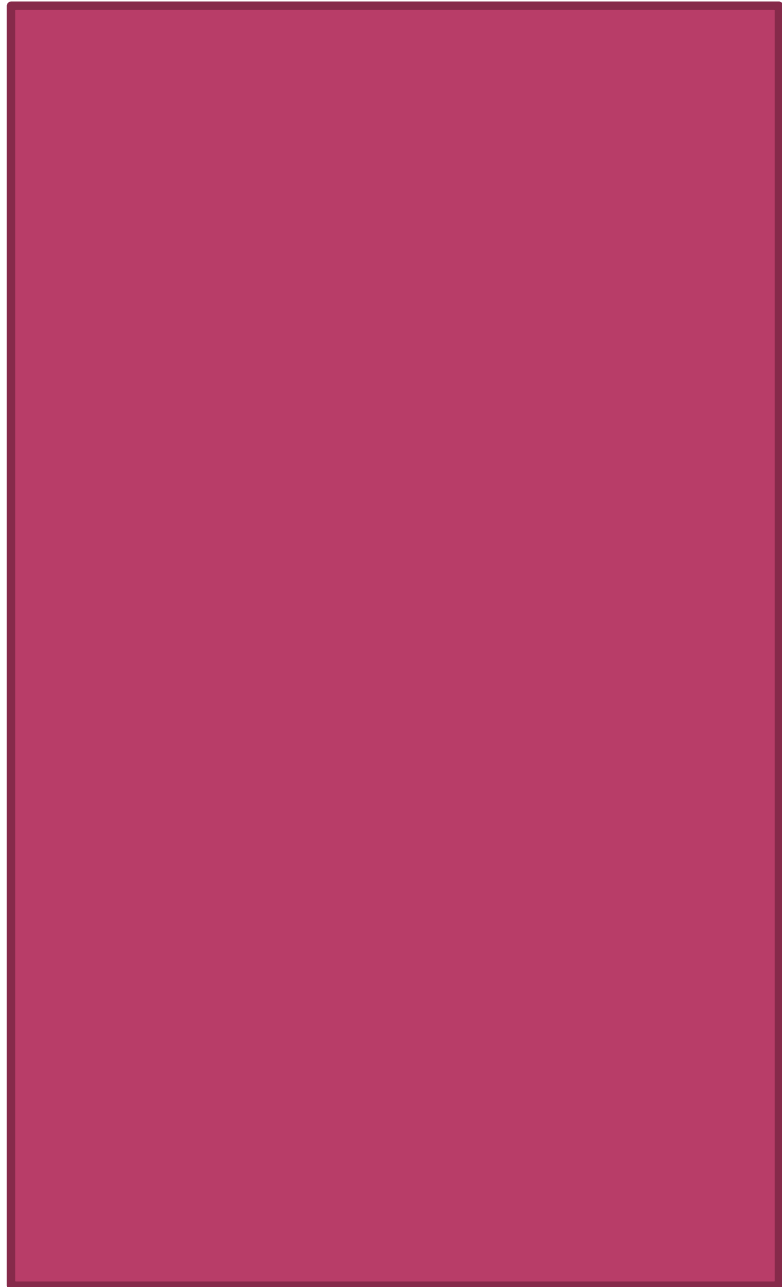
Negative  
Fantasy

- Positive Fantasy

What client needed to believe to survive.

- Negative Fantasy

Price paid to believe illusion - the symptoms.



Positive  
Reality

Negative  
Reality

- Positive Reality

Tools for  
managing -  
containment  
& coping.

Experience  
of letting go  
of Positive  
Fantasy.

- Negative Reality

• Positive Fantasy

What client needed to believe to survive.

• Positive Reality

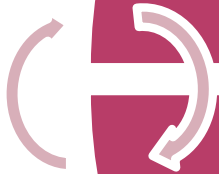
Tools for managing - containment & coping.

• Negative Fantasy

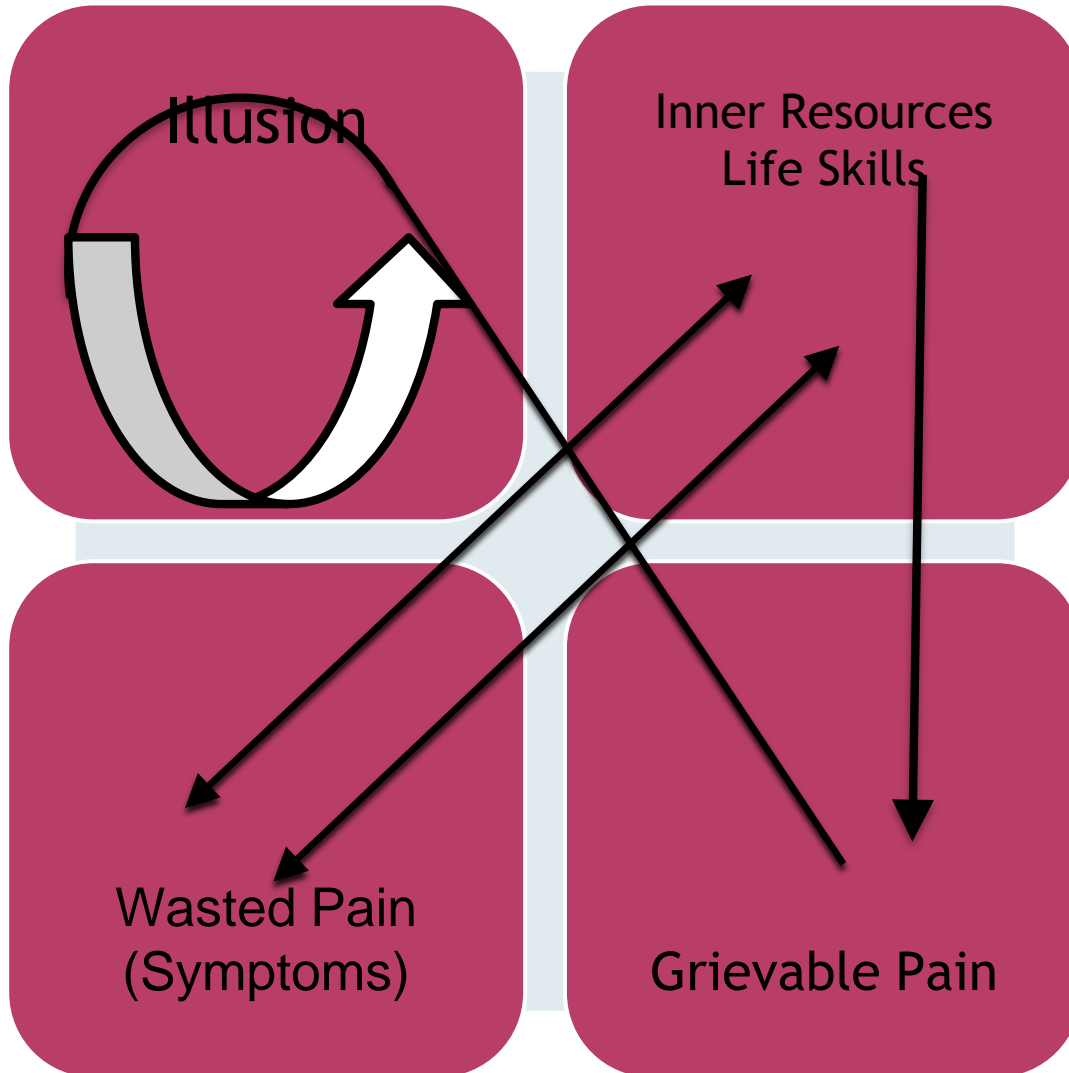
Price paid to believe illusion - the symptoms.

• Negative Reality

Experience of letting go of Positive Fantasy.



# WASTED PAIN SHUFFLE





# THANK YOU

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