

New Jersey Society for Clinical Social Work
Presents



“MORE COMMON THERAPY: Exploring Experiential
Psychotherapy”

Presented by Robert Staffin, PsyD, ABPH

2 Clinical CEUs provided by the NJSCSW, a recognized provider of Continuing Education Units by the NJ State Board of Social Work Examiners (The workshop will be via ZOOM: online workshop)

Free to Members, \$60.00 for Non-Members

Date: Sunday, November 15, 2020

Time: 11:00 AM – 1:00 PM

In 1973 with the publication of “Uncommon therapy: The Psychiatric Techniques of Milton H. Erickson, M.D.” Jay Haley brought the work of Dr. Erickson to a larger community of clinicians. In the ensuing 46 years, there has been a proliferation of strategic psychotherapies that can trace their roots back to Erickson’s work.

One of Dr. Erickson’s more prolific students is Dr. Jeffrey Zeig, the founder and executive director of the Erickson Foundation. Dr. Zeig has taken his appreciation of Erickson and, combining it with social psychology and the arts, has developed what he refers to as “Experiential Psychotherapy.” Simply put, if a picture is worth a thousand words, an experience is worth a thousand pictures.

Dr. Robert Staffin, who has been practicing and teaching hypnosis for more than 20 years, will present what he describes as “hypnotically informed psychotherapy.” Through a combination of didactic lecture and clinical vignettes what it means to work experientially will be presented and discussed. The program will conclude with case examples of what Rob refers to as, “hypnotic repair.” Two interventions strategies, the *experiential x-ray*, and *opposing mirror*, will be presented.

This program is for clinicians of all skill levels. Seasoned clinicians will appreciate the nuance of Dr Staffin’s work while early career clinicians will be introduced to novel ways of conceptualizing and delivering psychotherapy.

Educational Objectives: Upon completion of this activity, participants will be able to:

1. Define the meaning of *embodied cognition*.
2. Describe the concept of *influence* as understood from a from a social psychological perspective.
3. Discuss the implications of neuroimaging studies on the language we use in psychotherapy.
4. Identify four *compass points* that can be used to map the territory of psychotherapy and the therapeutic relationship.

Robert Staffin, PsyD, ABPH, is a clinical psychologist who practices in Teaneck, New Jersey.

He is a Diplomate of the American Board of Psychological Hypnosis, the President of the Clinical Hypnosis Society of New Jersey and an approved consultant for the American Society of Clinical Hypnosis (ASCH). His book, *More Common Therapy: The Experiential Psychotherapy of Jeffrey K. Zeig, Ph.D.*, was released earlier this year. More information can be found at www.RobertStaffin.com

Mission and Goals. Promote professional excellence through affordable seminars, peer support and mentoring, journals, and newsletters. Protect the rights of Clinical Social Workers and their clients by monitoring the activities of HMOs, Insurance Plans and Legislative action and advocating on their behalf. Actively work to promote and enhance the image of Clinical Social Work and the development/enhancement of prerogatives for Clinical Social Workers and their clients in keeping with standards set for other mental health professionals.

Membership includes 8 hours of free CEU seminars per year

Cost: No charge for NJSCSW members to attend the workshop, \$60 fee for non-members

RSVP: Email: Jan Alderisio at jana6@optonline.net

*** Please provide contact information (email/phone #) and membership info w/your RSVP. ***

The ZOOM online workshop instructions will be emailed to you prior to the workshop.