



## INTERNATIONAL CONGRESS OF BRIEF, STRATEGIC & SYSTEMIC THERAPISTS



Katharina Anger  
Barbara Anger-Diaz  
Anamitra Basu  
Dezsoe Birkas  
Liliana Cabouli  
Federica Cagnoni  
Teresa Garcia Rivera  
Chad Hybarger  
Cloé Madanes  
Roberta Milanese  
Christian Moretto  
Giorgio Nardone  
Matteo Papantuono  
Claudette Portelli  
Wendel Ray  
Michael Robbins  
Giovanna Rosciglione  
Marilyn Wedge  
Jean-Jacques Wittezaele



Cloé Madanes  
Keynote Address



Giorgio Nardone  
Emeritus Speaker

Friday, September 12, 2008

Saturday, September 13, 2008

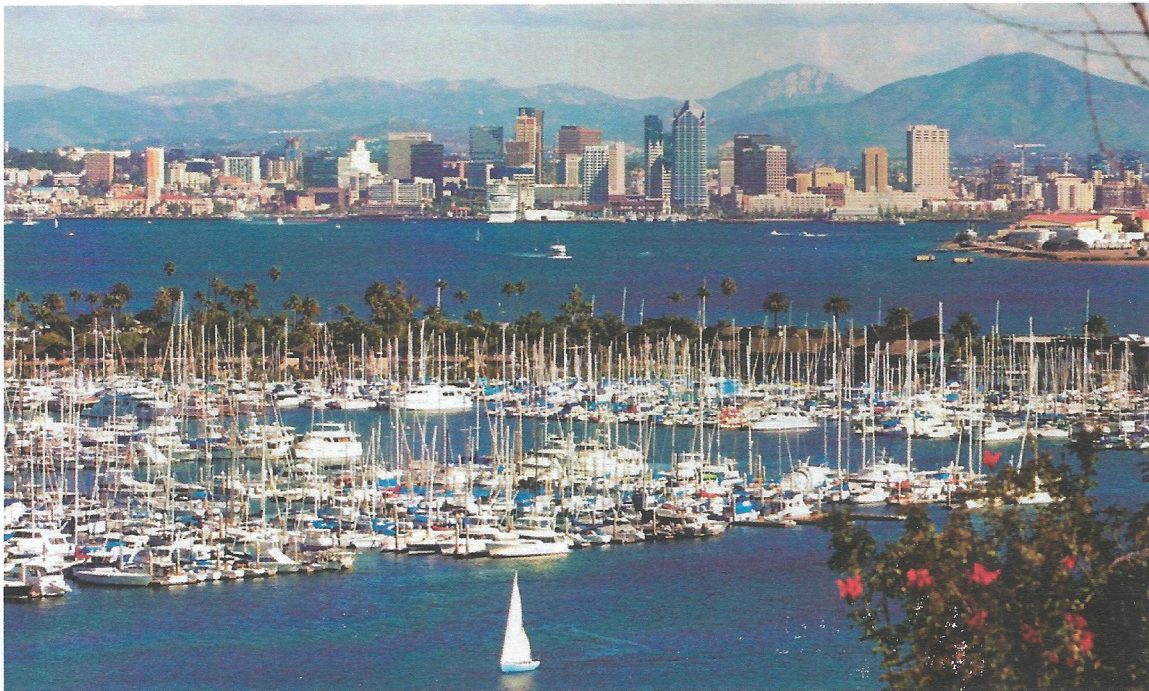
Sunday, September 14, 2008

Monday, September 15, 2008

Tuesday, September 16, 2008



# Age of Discovery



## WELCOME!

The International Congress of Brief, Strategic and Systemic Therapists (ICBSST) is the continuation of the European Ways of Brief, Strategic and Systemic Therapies Conference held in Arezzo, Italy. The ICBSST is dedicated to the principles of brief, effective and cost efficient treatment of human problems including mental disorders, substance abuse, marital and family problems, and industrial organizational problems. This year's "Age of Discovery" is the first year the congress has been held on American soil.

The ICBSST is produced by the American Association of Brief, Strategic & Systemic Therapists (AABST) and the Family Therapy Institute.

The ICBSST would like to thank the Institute for Violence and Trauma (IVAT) at Alliant International University for their partnership is making this Congress a success.

## 2 DAY SYMPOSIUM

FRIDAY, SEPTEMBER 12, 2008

9:00 AM – 5:15 PM

CALIFORNIA ROOM (both days)

Time	Presenter	Topic
9:00 AM	REGISTRATION & COFFEE	
9:15 AM	Cloe Madanes	Keynote Address
9:45 AM	Wendel Ray	The MRI Tradition – Theory & Practice
10:15 AM	Claudette Portelli	Treatment of Obsessive Compulsive Disorder with Brief Strategic Therapy
10:45 AM	Giorgio Nardone	Non Ordinary Logic & Stratagems for Advanced Strategic Therapy
12:00 PM	LUNCH UNTIL 1:15 PM	
1:15 PM	Jean-Jacques Wittezaele	Miracle Cure of a So-Called Schizophrenic
2:45 PM	Michael Robbins	Brief Strategic Family Therapy for Adolescents with Disruptive Behavior Problems: The Maturation of an Evidenced-Based Approach
3:30 PM	BREAK	
3:45 PM	Liliana Cabouli	Strategic Experiential Family Therapy with Bicultural & Biracial Couples & Families
4:15 PM	Christian Moretto & Giovanna Rosciglione	Strategic Coaching And Corporate Consulting (S3C)
4:45 PM	Christian Moretto	Application of the Brief Strategic Therapy Model to the Treatment of Drug Addiction in New York City
5:15PM	RECESS	

## 2 DAY SYMPOSIUM

SATURDAY, SEPTEMBER 13, 2008

9:00 AM – 5:00 PM

Time	Presenter	Topic
8:45 AM	BREAK	
9:00 AM	Barbara Anger-Diaz Katharina Anger	When Do You Want To Come Back (If at All)? The Strategic Uses of Spacing Sessions
9:30 AM	Dezsoe Birkas	Systemic-Strategic Brief Therapy for Psychosomatic Problems
10:00 AM	Marilyn Wedge	Using Language Strategically to Resolve Problems of Children and Adolescents
10:30 AM	BREAK	
10:45 AM	Roberta Milanese	The Evolution of Eating Disorders: Diagnosis and Treatment of Vomiting Syndrome
11:15 AM	Giorgio Nardone	Strategic Dialogue: How to Make a Really Therapeutic First Session
12:00 PM	LUNCH UNTIL 1:15 PM	
1:15 PM	Teresa Garcia Rivera	Strategic Maneuvers for Multi- Problem Couples
2:45 PM	Matteo Papantuono	Treatment of Cannabis Abuse Using Brief Strategic Therapy
3:15 PM	BREAK	
3:30 PM	Chad Hybarger	Strategic Interventions for Substance Abuse
4:00 PM	Federica Cagnoni	Brief Strategic Treatment of PTSD
4:30 PM	Anamitra Basu	Brief Strategic Family Therapy: An Overview
5:00 PM	RECESS	

# 3 DAY INTENSIVE TRAINING

SUNDAY, SEPTEMBER 14, 2008

9:00 AM – 5:00 PM

Time	Track I	Track II
	GARDEN SALON 1	WINDSOR ROSE ROOM
9:00 AM	Giorgio Nardone Treatment of Anorexia Part 1	Claudette Portelli Treatment of Obsessive Compulsive Disorder Part 1
10:30 AM	BREAK	
Cont. of AM	Treatment of Anorexia Part 1	Treatment of Obsessive Compulsive Disorder Part 1
12:00 PM	LUNCH UNTIL 1:15 PM	
1:15 PM	Treatment of Anorexia Part 2	Treatment of Obsessive Compulsive Disorder Part 2
3:15 PM	BREAK	
Cont. of PM	Treatment of Anorexia Part 2	Treatment of Obsessive Compulsive Disorder Part 2
5:00 PM	RECESS	

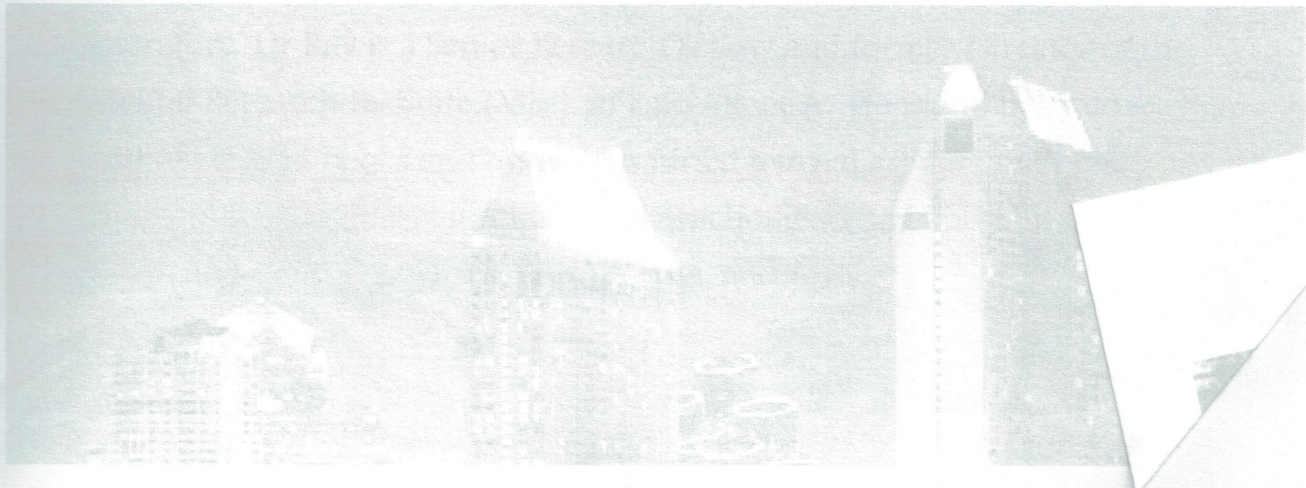


# 3 DAY INTENSIVE TRAINING

MONDAY, SEPTEMBER 15, 2008

9:00 AM – 5:00 PM

Time	Track I	Track II
	GARDEN SALON 1	GARDEN SALON 2
9:00 AM	Giorgio Nardone Treatment of Bulimia Part 1	Roberta Milanese Treatment of Anxiety and Panic Part 1
10:30 AM	BREAK	
Cont. of AM	Treatment of Bulimia Part 1	Treatment of Anxiety and Panic Part 1
12:00 PM	LUNCH UNTIL 1:15 PM	
1:15 PM	Treatment of Bulimia Part 2	Treatment of Anxiety and Panic Part 2
3:15 PM	BREAK	
Cont. of PM	Treatment of Bulimia Part 2	Treatment of Anxiety and Panic Part 2
5:00 PM	RECESS	



# 3 DAY INTENSIVE TRAINING

TUESDAY, SEPTEMBER 16, 2008

9:00 AM – 5:00 PM

Time	Track I	Track II
	GARDEN SALON 1	GARDEN SALON 2
9:00 AM	Giorgio Nardone Treatment of Vomiting Part 1	Chad Hybarger Treatment of PTSD
10:30 AM	BREAK	
Cont. of AM	Treatment of Vomiting Part 1	Treatment of PTSD
12:00 PM	LUNCH UNTIL 1:15 PM	
1:15 PM	Treatment of Vomiting Part 2	Treatment of Depression
3:15 PM	BREAK	
Cont. of PM	Treatment of Vomiting Part 2	Treatment of Depression
5:00 PM	RECESS	



## THE MRI TRADITION – THEORY & PRACTICE

### Presenter

Wendel A Ray

According to the three creators of the MRI Brief Therapy approach, John Weakland, Richard Fisch, and Paul Watzlawick, the Communication Theory or Interaction Focused Perspective upon which most strategic, and systemic brief therapy approaches are based derive from three principal sources: Don D. Jackson, Gregory Bateson, and Milton Erickson. This presentation will offer an overview and homage to these pioneers, and in doing so describe the radically alternative theoretical foundation they established that is the foundation of most brief, strategic and systemic therapies.

### Learning objectives

1. Participants will gain a clearer understanding of the historical antecedents to the current models of interactionally oriented brief, strategic, & systemic therapies.
2. Participants will develop a clearer grasp of the historical context and empirical basis of numerous theoretical concepts upon which most models of brief, strategic, and systemic therapies are based.
3. Participants develop a clearer grasp of the historical context and empirical basis of numerous clinical practice strategies currently in use across models of brief, strategic, and systemic therapies.

### Presenter Bio

Wendel A Ray, PhD., is the Hammond Endowed Professor of Education and Professor of Family System Theory at the University Of Louisiana – Monroe Marriage and Family Therapy Program. He is the founder and Senior Archivist in the Don Jackson Archive of Systemic Literature. Dr Ray is a Senior Research Fellow and former Director of the Mental Research Institute (MRI), in Palo Alto, CA. He is author or co-author of eight books and numerous juried journal articles and book chapters, and regularly teaches on Interaction Focused Therapy across North and Central America, Europe, Asia, and Africa.

# TREATMENT OF OBSESSIVE COMPULSIVE DISORDER WITH BRIEF STRATEGIC THERAPY

## Presenter

Claudette Portelli

OCD is a persistent and difficult to treat clinical problem in the anxiety spectrum. This presentation introduces an operative diagnosis of OCD using brief strategic therapy that will be expanded upon in the intensive post congress training. OCD will be examined using non-ordinary logics that lead to its perpetuation and maintenance. Using the unique logic of each case of OCD, specific treatment strategies can be tailored individually to the client. Although Lady Macbeth and Jack Nicholson (in *As Good as it Gets*) displayed similar symptoms of hand washing, their specific forms of OCD follow disparate logics, and as such require differential treatments. Despite the similarity of symptoms in various OCD cases, effective treatment requires a deeper understanding of the specific logics that are uniquely operating in each case.

## Learning Objectives

1. The participant will be able to describe the differences between fear based and pleasure based compulsions.
2. The participant will understand the differences between reparative and propitiatory rituals.
3. The participant will understand the clinical importance of numerical versus feel-good sequences of rituals.

## Presenter Bio

Claudette Portelli, PsyD is a qualified Clinical Psychologist specialized in Brief Strategic Therapy at School of Specialization at the Centro di Terapia Strategica (CTS) of Arezzo. In 2004, She is an ordinary lecturer at the Post-Graduate School of Brief Strategic Therapy and has a private practice in her native Malta, where she is the director of the Brief Strategic Therapy Centre of Malta and also in Ancona (Italy). She is a lecturer at The University of Malta, at the Gestalt Institute in Barcelona, Spain and at the Gregory Bateson Institute, Paris, France. Dr. Portelli lectures internationally and has published numerous articles, and books.

## NON ORDINARY LOGIC & STRATEGEMS FOR ADVANCED STRATEGIC THERAPY

### Presenter

Giorgio Nardone

The lecture presents a rigorous yet self-corrective model (comprising of strategies, communication techniques and therapeutic relationship maneuvers) designed through experimental-empirical research for specific pathologies or problems. Non-ordinary logic and stratagems are discussed to demonstrate the efficacy of these methods and show how therapy can become a well-planned journey (rigorous yet not rigid) whose point of departure, direction, destination, and duration can be fairly clear and predictable from the very beginning.

### Learning Objectives

1. The participant will understand several non-ordinary logics and their application to proper treatment of difficult to resolve clinical cases to improve patient care.
2. The participant will understand the various logics upon which specific pathologies operate, and match them with an appropriate therapeutic treatment strategy.

### Presenter Bio

Giorgio Nardone PhD is a world renowned therapist and researcher in the tradition of the Palo Alto School, and the sole scholar and successor of Paul Watzlawick; together they founded the Centro di Terapia Strategica (CTS) in Arezzo, Italy where he carries on his work as psychotherapist and professor. Well-known throughout the world as one of the most creative and rigorous scholar and therapist for his several and innovative works that have led to the setting up of innovative as well as effective Models in Brief Therapy and Problem Solving School. Dr. Nardone has published 27 books that have been translated in various languages, which represents the results of his practice and the research at *Centro di Terapia Strategica* in Arezzo. Giorgio Nardone regularly holds clinical and managerial conferences and workshops, counseling and coaching for managers and companies in Italy and around the world. He is the Director of the Post

Graduate School of Brief Strategic Psychotherapy at CTS Arezzo (*officially acknowledged by Miur*) and the School of Managerial Training in Communication and Strategic Problem Solving. He is a Professor of "*Dialogue in the Psychological Clinic*," Faculty of Psychology, University of Florence; he sits on the Advisory Board Member of Council for Human Rights of Children, University of San Francisco; he is the Coordinator of "Brief Strategic and Systemic Therapy World Network" and of the "Brief Strategic and Systemic Therapy European Review." Dr. Nardone is an Emeritus Founder of the American Association of Brief, Strategic & Systemic Therapists.

## MIRACLE CURE OF A SO-CALLED SCHIZOPHRENIC

### Presenter

Jean-Jacques Wittezaele

This is the story of a young female patient (24 years old) who has been treated for "schizophrenia" for several years: auditory hallucinations, severe crisis of anguish, scarification, burning herself with cigarettes, and 9 suicide's attempts. She comes for a consultation and, after 2 sessions, she went back to the hospital with her parents, had her diagnostic reconsidered, and found solutions for herself to get rid of her "voices" and anguish. A very "didactic case": she gives a lesson in applied constructivism, talks about the "function of the symptom" (the role of her family relationships in the construction of the problem) and illustrates how a simple solution can get rid of a very complex problem.

### Learning Objectives

1. The participant will understand specific concepts of constructivism and how they can be applied to improve treatment outcomes in difficult cases.
2. The participant will understand how brief interventions can have positive impact on cases with serious symptoms and longstanding problems.

## Presenter Bio

Jean-Jacques Wittezaele, PhD., is a psychologist, psychotherapist and trainer in Brief Systemic and Strategic Therapy. He trained in Palo Alto's MRI under the personal supervision of Paul Watzlawick, John Weakland and Richard Fisch. Dr. Wittezaele has collaborated with the Centro di Terapia Strategica, Arezzo, for many years. He is the founder and director of the Institut Gregory Bateson, Liège and Paris. He is an Invited Professor in Paris X (Nanterre University), Paris VIII, Université de Liège and HEFTS (Fribourg, Switzerland). Dr. Wittezaele is an author of several books and many articles about Brief Strategic Therapy, communication and problem solving.

## BRIEF STRATEGIC FAMILY THERAPY FOR ADOLESCENTS WITH DISRUPTIVE BEHAVIOR PROBLEMS: THE MATURATION OF AN EVIDENCED-BASED APPROACH

### Presenter

Michael Robbins

Brief strategic family therapy is an empirically-based family intervention for children and adolescents with disruptive behavior problems, including delinquency and drug use. This presentation describes the interplay between theory, research, and practice that has shaped the evolution of brief strategic family therapy. Particular attention is given to describing the research evidence that has led to BSFT being identified as a model program or best practice intervention. The theoretical foundations of BSFT are based on structural (Minuchin) and strategic (Haley, Madanes) principles, and have been shaped and refined as the result of three decades of clinical research and practice with youth with behavior problems. Seminal work on intergenerational differences in acculturation paved the way for the systematic integration of culturally-based interventions into the clinical model. In addition, research on working with "one" family member and engaging youth and family members into treatment have led to innovative strategies for working with difficult families. Research support on reductions in adolescent behavior problems and drug use is

presented. Also, we describe our current efforts to examine the generalizability of brief strategic family therapy in community-based agencies, including a discussion of a multi-site clinical study as well as ongoing training at agencies across the country and internationally.

### **Learning Objectives**

- 1) Gain an understanding of the theoretical underpinnings and clinical strategies of brief strategic family therapy, as it is applied with drug using adolescents and their family members.
- 2) Learn about findings from three decades of programmatic research on brief strategic family therapy with drug using adolescents and their families.
- 3) Become familiar with recent initiatives to test the effectiveness of brief strategic family therapy in real world settings and to train therapists from community agencies, both nationally and internationally.

### **Presenter Bio**

Michael Robbins, PhD is a Research Associate Professor, Center for Family Studies, Department of Epidemiology and Public Health, University of Miami School of Medicine, Miami, Florida.

## **STRATEGIC EXPERIENTIAL FAMILY THERAPY WORKING WITH BI - CULTURAL AND BIRACIAL COUPLES AND FAMILIES**

### **Presenter**

Liliana Cabouli

Strategic Experiential Family Therapy (SEFT) is one of the most easy to grasp, comprehensive, practical, to the point therapy model in the field of psychology. It is a therapy model that promotes honesty within the family system and integrity in the therapist. This presentation will address the 5 stages of SEFT. It will help therapists to utilize structural, strategic as well as emotive techniques to create awareness between the mind and emotions. Dr. Cabouli will teach you how to be creative by utilizing critical strategic thinking during therapy to help clients achieve personal integrity, greater freedom of choice, less dependence, be more in touch with their

own needs, and learn how to share and communicate more openly with their family unit. Dr. Cabouli will also provide the tools to address a multicultural and or bi-cultural therapy setting. ACTIVE participation required at each group meeting, participants will learn how to wake the sleeping emotional system and dismantle the mental guards.

### Learning Objectives

1. The participant will understand how to conceptualize family dynamics, clinical conditions, personality disorders, and therapeutic processes (e.g. transference) from a systemic perspective.
2. The participant will learn how to improve SEFT strategies, techniques, and experiential tools including:
  - A. Provocative questions, enactments, pushing, confrontation interpretations, lowering reactivity, unbalancing selective alliances, gestalt exercises, and de-triangling.
  - B. The role modeling technique
  - C. The validating technique
  - D. The broker technique
  - E. Imaginary guidance
  - E. Experiential exercises for couples
  - F. Selective Alliance Strategy
  - G. Empowering Strategy
  - H. Failure Strategy II
  - I. Commitment Strategy
  - J. Hate vs Attention Strategy
  - K. If You Hate Me Just Change Strategy

### Presenter Bio

Liliana Cabouli, PsyD is a doctor in marriage and family therapy and a licensed marriage and family therapist who has achieved incredible change in her clients' lives. Dr. Cabouli is the host of her own Spanish language radio show and has published several books on her innovative theory, Strategic Experiential Therapy. She has twenty years of experience working in Argentina and USA. With expertise in marital problems, dysfunctional families, teenaged & child symptoms, oppositional defiant disorder, conduct disorder, depression, abuse, alcohol and drugs abuse, anxiety disorders, phobias, domestic violence, anger management problems, personalities disorders, acculturation issues and step-families issues. During her extensive years of experience she worked with diverse population, in age (children, adolescent, adults and elders) and in ethnic

background (Latino, Caucasian, Middle Eastern, African American and Asian). Dr. Cabouli identifies herself as a systemic thinker, believing that the symptom in one of the members of a family is a red flag from a family that needs to be restructured, therefore that is the goal in therapy. She believes symptoms are removed quicker and a sense of well being is achieved through working with all the members of the family.

## STRATEGIC COACHING AND CORPORATE CONSULTING (S3C)

### Presenters

Giovanna Rosciglione

Christian Moretto

*The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed* (Carl Gustav Jung). This sentence summarizes how Strategic Therapy & Interventions was born, through the encounter and the realization of a project in NYC by two Strategic Therapists (Christian Moretto & Giovanna Rosciglione) trained in Arezzo at the Center of Brief Therapy by Giorgio Nardone. At the beginning of 2007, the idea to unite the experiences of strategic consulting in Italy and Europe with the application of the strategic approach in the context of drug addiction treatment agencies in New York City was born. Such agencies deal with treating drug abuse and the underlying psychosocial disorders. The well-established experience and expertise of the Center of Strategic Therapy (CTS) with organizational challenges formed the base for two strategic consultants/therapists to create modules of training interventions targeting clinical, communication, and organizational problem-solving objectives for the clinical staff at a medical and drug treatment agency in New York City. These modules were presented to counselors, therapists and medical doctors at West Midtown Medical Group in New York with three primary objectives: first, to introduce the theoretical postulates of the Strategic Approach, then, to provide the clinical staff with the principles of communication to facilitate and improve communication with patients and within the agency;

and finally, to offer staff concrete and immediately applicable problem-solving tools that the clinical staff could use during their career with patients and their personal lives. This training received the official recognition of the New York State (OASAS) and has been designed to be easily adaptable to any agency, organization or business's Human Resources. Following the success of this training, which was initiated by its creators as a desire for discovery rather than as a planned first step towards a future business, the idea of creating Strategic Therapy & Interventions of NY was born with the objectives of providing both clinical and corporate parties rigorous, efficient and effective strategic approaches to their issues. Strategic Therapy & Interventions desires to support the clinical and corporate worlds with a Strategic Approach well described by a famous expression of Sherlock Holmes: "the mixture of imagination and reality which is the basis of my art". With these objectives in mind, Brief Strategic Therapy (BST) has been created to provide efficient and effective interventions to mental health and clinical issues. Strategic Coaching & Corporate Consulting (S3C) has been more specifically designed to provide businesses similar effective results and efficiency, using specific tools and tailored interventions.

### Learning Objectives

1. The participant will understand how the principles of strategic therapy can be applied to coaching and corporate consulting.
2. The participant will understand how sessions can be spaced for maximum strategic effect.

### Presenter Bios

Giovanna Rosciglione, PhD is the director of the Strategic Therapy Center of Fano, Italy. The center is affiliated with the Strategic Therapy Center of Arezzo (CTS), directed by Prof. Giorgio Nardone.

Christian Moretto, MSW is a licensed master of social work in New York. Mr. Moretto received theoretical and clinical training in Brief Strategic treatments of Anxiety Disorders, Obsessive Compulsive Disorders, and Eating Disorders at the Center of Strategic Therapy (founded by

Giorgio Nardone and Paul Watzlawick), affiliated with the Mental Research Institute (M.R.I.: System, Family, Problem Solving, and Brief Therapy models) of Palo Alto (CA) – Affiliated member and therapist for New York City. Mr. Moretto currently works as a family therapist at Alcohol and Substance Abuse Services, West Midtown Medical Group in New York City.

## APPLICATION OF THE BRIEF STRATEGIC THERAPY MODEL TO THE TREATMENT OF DRUG ADDICTION IN NEW YORK CITY.

### Presenter

Christian Moretto

“We cannot change anything unless we accept it. Condemnation does not liberate, it oppresses.” C. G. Jung illustrates the paradoxical situation of drug addiction treatment. On one side, society condemns drug use as a proof of users’ scarce and weak “self-control.” On the other hand, the user faces a double bind between the societal demand to prove his/her ability to resist temptation and the difficulty to resist it because of the very nature of temptation as illustrated by Giorgio Nardone saying: “if you allow it, you can do without it; if you don’t allow it, it will be irresistible.” This lecture will present the author’s findings about the application of the Brief Strategic Therapy to the treatment of drug addiction and co-occurring disorders, and to their family, legal, and poverty related issues. An overview of the outpatient clinic where the interventions were made and the population served will be presented. Using clinical cases, the author will highlight the efficacy and efficiency of the model used in the treatment of addiction, of patients’ co-occurring disorders (paranoia, family conflicts, depression, phobia, loss...), social and family issues. The presenter will describe general findings on drug addicted patients’ epistemology, perceptive-reactive systems, and perception of self, others and the world. Communication techniques, strategies, and tailored interventions utilized by the author will be presented. The author will give details regarding future objectives of developing specific protocols for drug

addiction and their anticipated inherent limitations that are partially due to the fact that “in a consumer society there are inevitably two kinds of slaves: the prisoners of addiction and the prisoners of envy”(Ivan Illich).

### Learning Objectives

1. To introduce participants to the treatment options of drug addiction in NYC.
2. To provide participants with strategic tools that have developed for the treatment of drug addiction.
3. To introduce participants with elements regarding how to communicate and relate with patients suffering of drug addiction.

### Presenter Bio

Christian Moretto, MSW is a licensed master of social work in New York. Mr. Moretto received theoretical and clinical training in Brief Strategic treatments of Anxiety Disorders, Obsessive Compulsive Disorders, and Eating Disorders at the Center of Strategic Therapy (founded by Giorgio Nardone and Paul Watzlawick), affiliated with the Mental Research Institute (M.R.I.: System, Family, Problem Solving, and Brief Therapy models) of Palo Alto (CA) – Affiliated member and therapist for New York City. Mr. Moretto currently works as a family therapist at Alcohol and Substance Abuse Services, West Midtown Medical Group in New York City.

WHEN DO YOU WANT TO COME BACK (IF AT ALL)?

THE STRATEGIC USES OF SPACING SESSIONS

### Presenters

Katharina Anger

Barbara Anger-Diaz

It is a myth that therapists control what goes on in psychotherapy – particularly when it comes to the next session. Clinicians can schedule, encourage, and even frighten people into making the next appointment, but in the end our clients decide whether or not they will return at the appointed time. So why not make use of this phenomenon strategically?

In this workshop we will develop a rationale for using the spacing of sessions strategically in any number of case-specific situations. We will discuss its practical uses, how it can serve us for diagnostic purposes, and how to create a dance between putting clients in charge and managing our sessions strategically.

### Learning Objectives

1. The participant will learn how to make strategic use of dialogue around appointment setting for clinical purposes.
2. The participant will learn the clinical uses of therapist positioning and its effects on treatment.

### Presenter Bios

Katharina Anger, PhD is an international presenter providing training and supervision in the MRI model of brief therapy. She is a Research Associate and on the training faculty of the Brief Therapy Center at the MRI. Dr. Anger is in clinical practice in New York City where she works with a culturally diverse clientele, a wide range of presenting problems, and a recent emphasis on work with couples. She is also Senior Supervisor at YAI National Institute for People with Disabilities, an organization which helps individuals with developmental disabilities and their families throughout the lifespan. At YAI she developed and runs three programs: Brief Therapy, Sexuality, and a Group Psychotherapy Program, where she supervises and trains staff. Dr. Anger received her doctorate from Yeshiva University and training in Brief Therapy from John Weakland, Richard Fisch and Paul Watzlawick at the Mental Research Institute in Palo Alto, CA. Dr. Anger did her internship at Cornell Medical College and worked in the South Bronx for a number of years in a Developmental Clinic. She was senior psychologist of a research grant on eating disorders at Cornell and provided supervision there for many years. She is co-founder of the Centre for Systemic Action.

Barbara Anger-Diaz PhD is a Senior Research Fellow at MRI. She trained with Weakland, Fisch & Watzlawick and was a member of their Brief Therapy Center Team for 14 years. At MRI she co-founded and

co-directed (together with Karin Schlanger) the Latino Brief Therapy & Training Center. In Miami she is Adjunct Professor at Barry University, where she trains and supervises students using the MRI brief therapy approach. She was born in Germany, raised in Mexico and did undergraduate and graduate work in NYC. Before her immersion in brief therapy, she received psychoanalytic training and used an interpersonal understanding of people and relationships. She received her doctorate at the Universidad Iberoamericana in Mexico City, where she also taught in the Department of Psychology. Her dissertation was on the psychological effects of a computer program on schizophrenic patients (*Salud Mental*, 10 (3), 1987). She trains professionals in Brief Therapy in the US and abroad. Of particular interest to her is how to "motivate" or influence clients to change while at the same time maintaining an ethical stance vis-à-vis the client. She is co-founder of the Centre for Systemic Action.

## SYSTEMIC-STRATEGIC BRIEF THERAPY FOR PSYCHOSOMATIC PROBLEMS

### Presenter

Dezsoe Birkas

A flexible and case sensitive systemic-strategic model of two psychosomatic problems (*atopic eczema*, also known as *neurodermatitis*, and *allergic rhinitis*) will be put forward. The workshop starts with the discussion of the evolution of *neurodermatitis* and *allergic rhinitis*. That part will be followed by strategic dialogues we use to get to know how psychosomatic problems work and how to resolve them. From a systemic-strategic point of view, "allergic patients" entrap themselves into their problems as a consequence of their dysfunctional attempts to deal with them. They only intensify their physical symptoms by trying to protect themselves from them, that's how "itch-scratch cycles" or "puff-stuff cycles" develop. However, they can't do otherwise, as their attempts of self-protection result from seeing themselves as vulnerable and irritable and the constant fear from physical harm. The workshop will be concluded with the discussion of communication problems in "psychosomatic families" and

with possible ways to change that. A common difficulty of "allergic patients" for example is that they are incapable to realize how to protect themselves from harm, but are extremely irritated by that fact. ("I should protect myself from harm, though I am incapable.") Their hopelessness makes them crave for help, but they also claim for autonomous means of control. The two concurrent extremes create a paradoxical situation in the family, wherein a boundless adaptation to the demands of others' becomes the measure of benevolence and love for each participant. If that game is driven to its extremes, which is not rarely the case, family members turn into "extorted extortionists", by subjecting themselves to the demands of others and expecting to get the same back in turn. This atmosphere of lack of autonomy and mutual respect creates feelings of deep insecurity and irritation in everyone and only inflames psychosomatic symptoms any further.

#### Learning Objectives

1. The participant will learn several brief strategic therapy techniques that can be applied to successfully treat psychosomatic problems.
2. The participant will learn how paradoxical logic effects the maintenance and the solution to specific psychosomatic problems.

#### Presenter Bio

Dezsoe Birkas, MD is a psychiatrist at Semmelweis University, Kutvolgyi Clinical Centre, Department of Clinical and Theoretical Mental Health in Budapest Hungary. Dr. Birkas lectures internationally and has written several journal articles on psychosomatic problems and brief strategic therapy.

### USING LANGUAGE STRATEGICALLY TO RESOLVE PROBLEMS OF CHILDREN AND ADOLESCENTS

#### Presenter

Marilyn Wedge

The language that a therapist uses to frame a child's problem sets the stage for a successful solution to that problem. In this presentation, I will

focus on the language that I use to enter into the world of a child and to enlist the child's help in resolving his or her symptoms. I shall present the invariantly worded question that I use as an opening move in every session with a child or adolescent and the use of metaphorical language in the first session. A video presentation will illustrate the strategic use of language in a session with a four-year-old boy.

### Learning Objectives

1. To learn how to use the metaphorical meaning of a child's symptom.
2. To learn how to use language strategically to enlist a child's assistance in resolving his own problem.
3. To learn the invariant question that opens up problems of children or adolescents for brief, successful resolution.

### Presenter Bio

Marilyn Wedge, PhD is a licensed marriage and family therapist and supervisor in private practice in Westlake Village, California, specializing in serious problems of children and adolescents. She received her doctorate from the University of Chicago and served as a post-doctoral fellow in ethics at the Hastings Center for Ethics, Society and The Life Sciences in New York. Dr. Wedge is the author of a book on strategic family therapy, *In the Therapist's Mirror*, published by W.W. Norton, and numerous professional articles. She has taught philosophy at the College of the Art Institute of Chicago and marriage and relationship counseling at the California State University at Hayward. She is a member of the Council for the Human Rights of Children.

### THE EVOLUTION OF EATING DISORDERS: DIAGNOSIS AND TREATMENT OF THE VOMITING SYNDROME

#### Presenter

Roberta Milanese

Eating disorders are a category of pathology in rapid evolution and they modify themselves according to the development of the individuals

and society. According to our research-intervention, started in Arezzo in 1993, besides Anorexia and Bulimia we can identify a third type of eating disorder: the Vomiting Syndrome. This disorder presents different characteristics of persistence and appears to be the most widespread eating disorder in comparison with the others (65% of our cases). Vomiting holds as a matrix Bulimia and Anorexia but once it has been formed it becomes a true and proper "emerging quality" that has nothing to do with what initially had produced it, just as water is an example of an emerging quality with respect to hydrogen and oxygen. At first vomiting represents an attempted solution, a way to lose weight, or avoid gaining weight, while continuing to binge. But when this cycle of eating and vomiting is continuously repeated, it becomes an increasingly enjoyable compulsion. What makes the typical compulsion of Vomiting so uncontrollable is the pleasure derived from the whole sequence of eating and vomiting. From this point of view, Vomiting can be considered not only an eating disorder, but a true and proper "perversion" based on food. For these reasons, Vomiting requires a specific protocol of treatment, with different variants, that can "fit" to the different patients' realities. The efficacy of the brief strategic treatment protocol for the Vomiting Syndrome is equivalent to 82%, with efficiency less than 15 sessions.

#### Learning objectives:

1. Distinguish Vomiting as a different type of eating disorder from a diagnostic point of view.
2. Analyse the Protocol of treatment for the Vomiting Syndrome (strategies, techniques and communication).
3. Recognise the 3 different categories of "vomitters" that requires different variations in the treatment.

#### Presenter Bio

Roberta Milanese PsyD is affiliated researcher at the Centro di Terapia Strategica of Arezzo, Italy, and ordinary lecturer at the Post-Graduate School of Brief Strategic Therapy of Arezzo (recognised by the M.I.U.R, the Ministry of University and Scientific Research) and at the Post-Graduate School of Interactive-cognitive Psychotherapy of Padua, Italy.

Psychologist and psychotherapist, she attended Psychology at the University of Padua, where she graduated *cum laude*, and then carried out her specialisation in Brief Strategic Therapy at School of Specialisation at the Centro di Terapia Strategica (CTS) of Arezzo, founded by Paul Watzlawick and Giorgio Nardone. Since 2000 is a senior collaborator at CTS and leader of the Centro di Terapia Strategica in Milan where she works as psychologist and psychotherapist for adults, teenagers and children. She's a member of the editorial boarding of the Brief Strategic and Systemic Therapy European Review and, since 2007 emeritus member of the *American Association of Brief & Strategic Therapists (AABST)*. Besides her activity as psychotherapist, she works as trainer, consultant and coach in the social, clinic and managerial field and she's in charge of the Communication and Strategic Problem solving School in Milan. She has participated to various international conferences and has been appointed a regular visiting lecturer at the Gestalt Institute in Barcelona, Spain, and at the Gregory Bateson Institute, Paris, France.

## STRATEGIC DIALOGUE: HOW TO MAKE A REALLY THERAPEUTIC FIRST SESSION

### Presenter

Giorgio Nardone

The Strategic Dialogue is a fine strategy by which one can achieve maximum results with minimum effort. As simultaneously a psychodiagnostic interview and a true intervention, it was developed through a natural evolutionary process from previous treatments for particular pathologies, and composed of therapeutic stratagems and specific sequences of ad hoc maneuvers constructed for different types of problems. This presentation represents both the starting and finishing line of all of the research, clinical practice, and managerial consulting performed by professor Giorgio Nardone and Paul Watzlawick over a fifteen year period at the Centro Terapia Strategica of Arezzo (Strategic Therapy Center). This work can be referred to as the finishing

line because the Strategic Dialogue, an advanced therapeutic method of conducting a first therapy session and inducing radical changes rapidly in the patient, represents the culmination of all that has been achieved so far in the field. The dialogue synthesizes the process of gathering diagnostic information with intervening to produce change. The strategic dialogue, as defined by the authors, is in fact the culmination of the evolution of ancient rhetoric and modern pragmatism in psychotherapeutic communication. Discover the noble Art of Stratagems and the application of Ericksonian hypnosis to the clinical field.

### Learning Objectives

1. The participant will learn how current methods of psychodiagnostic interviewing can contribute to the maintenance of psychological problems, or at least be ineffective at producing change.
2. The participant will learn how the questions they ask in a clinical interview can either lead to immediate change or reinforce the problem.

### Presenter Bio

Giorgio Nardone PhD is regarded as the world renowned representative among the researchers of the so-called Palo Alto School, the sole scholar and successor of Paul Watzlawick; together they founded the Centro di Terapia Strategica (CTS) in Arezzo, Italy where he carries on his work as psychotherapist and professor. Well-known throughout the world as one of the most creative and rigorous scholar and therapist for his several and innovative works that have led to the setting up of innovative as well as effective Models in Brief Therapy and Problem Solving School. Dr. Nardone has published 27 books that have been translated in various languages, which represents the results of his practice and the research at *Centro di Terapia Strategica* in Arezzo. Giorgio Nardone regularly holds clinical and managerial conferences and workshops, counseling and coaching for managers and companies in Italy and around the world. He is the Director of the Post Graduate School of Brief Strategic Psychotherapy at CTS Arezzo (*officially acknowledged by Miur*) and the

School of Managerial Training in Communication and Strategic Problem Solving. He is a Professor of "*Dialogue in the Psychological Clinic*," Faculty of Psychology, University of Florence; he sits on the Advisory Board Member of Council for Human Rights of Children, University of San Francisco; he is the Coordinator of "Brief Strategic and Systemic Therapy World Network" and of the "Brief Strategic and Systemic Therapy European Review." Dr. Nardone is an Emeritus Founder of the American Association of Brief, Strategic & Systemic Therapists.

## STRATEGIC MANEUVERS FOR MULTI-PROBLEM COUPLES

### Presenter

Teresa Garcia Rivera

Most couples bringing multiple problems to consultation can be very difficult to work with. This presentation will describe the therapeutic setting and different communicational strategies and tasks for multiple-problem consultation by couples. The presenter will develop ways of doing brief therapy addressing different issues at a time, mainly working through patterns. The main aim of the presentation will be to help therapist avoid being stuck between two positions. On the one hand, going from one topic to another, unable to focus his intervention and, on the other hand deciding for the couple on which problem to work first. Jumping from one problem to another will impede any short term results, but taking charge in choosing the main problem can make the patients question the therapist's neutrality as he might choose the problem brought by one of them over the other. Moreover couples that come to therapy with a series of problems feel already discouraged and will comply less with tasks, creating a self-fulfilling prophecy of inefficiency. Several ways of handling this situation will be addressed as well as the criteria for choosing them: the traditional method of "what is the problem that you want to fix first?"; the method of reconstruction of a relational pattern that fixes all problems in a single twist, the method of teaching partners to negotiate. The central question of

the presentation will be "how to determine the most strategic maneuver for each multiple-problem couples' case?"

### Learning Objectives

1. The participant will learn how to assess the couples' problems in a strategic way, so as to apprehend the situation quickly and state the problem to the couple while already delivering strategic messages and supporting therapeutic maneuvers at the same time.
2. The participant will learn different methods for tackling with multiple problems in couple's therapy session and between sessions.
3. The participant will learn some tasks and metaphors useful in couple's therapy.

### Presenter Bio

Teresa Garcia, PhD is a psychologist and, psychotherapist. Co-founder of Institut Gregory Bateson, she learned brief therapy directly from Paul Watzlawick, John Weakland and Dick Fisch with whom she extensively collaborated for 5 years. She is a *Mental Research Institute* (MRI) representative in the French-speaking countries in Europe. She is also research associate for MRI and a specialist of brief systemic strategic brief therapy mostly with couples and families. She has developed a strategic model for family negotiation. She has co-authored the book *A la recherche de l'école de Palo Alto*, éditions du Seuil, and several articles. From 1987 until 2007, she directed the IGB, and the Brief therapy Center of Paris. She has recently founded the CIRCE, center (France) for intervention and research on human systems' change and their evolution. She has been in clinical practice for more than 25 years.

### TREATMENT OF CANNABIS ABUSE USING BRIEF STRATEGIC THERAPY

#### Presenter

Matteo Papantuono

Cannabis abuse and other forms of substance abuse are widespread problems commonly encountered in psychotherapy. Yet despite their prevalence, there remains a paucity of approaches and interventions

outside of the medical model. Once substance abuse is detected, therapists can be at a loss at how to intervene clinically. This presentation will introduce a new method of understanding substance abuse through "operative diagnosis." The operative diagnosis is a method of describing the mechanisms by which substance abuse arises and maintains itself. In contrast to the medical model of addiction, which provides few useful directions for intervention, the operative diagnosis provides the therapist with several conceptual points of intervention of which the therapist can make immediate use. Specific strategic interventions will be explored.

### Learning Objectives

1. The participant will learn how to develop an operative diagnosis of substance abuse to describe how the problem maintains itself beyond the physiological aspects.
2. The participant will learn direct and indirect therapeutic stratagems to intervene in substance abuse
3. The participant will learn systemic interventions for substance abuse.

### Presenter Bio

Matteo Papantuono, PsyD is a qualified and warranted psychologist & psychotherapist specialized in Brief Strategic Therapy. He has further specialized in School and Adolescent-related problems. Dr. Papantuono is an Ordinary Professor of Humanistic Sciences and Communication Studies. Researcher at The Brief Therapy Centre, Malta and Ancona (Italy). He has published numerous articles and has worked with adolescent suicide, drug abuse, and educational psychology.

## STRATEGIC INTERVENTIONS FOR SUBSTANCE ABUSE

### Presenter

Chad Hybarger

Traditional methods of substance abuse treatment can include confronting the client about his/her substance abuse and mistakenly treating use, abuse, and addiction in a judgmental and monolithic manner. This approach can create unwanted resistance in the therapeutic

relationship and place the therapist in the position of coercing the client to change. This presentation will explore the use of the Japanese Proverb technique to reduce client resistance to treatment and engage them in monitoring his/her own problem. Examples will be used to illustrate how substance abuse can be differentially treated according to the operative way it manifests in specific clients versus the traditional mechanistic model proffered by the medical model.

### Learning Objectives

1. The participant will learn the Japanese Proverb method of engaging clients with substance abuse.
2. The participant will learn specific techniques to intervene in substance abuse, based on the specific operative diagnosis in each case.

### Presenter Bio

Chad Hybarger, PsyD is the clinical director of the Family Therapy Institute in El Cajon, California and the Executive President of the American Association of Brief, Strategic & Systemic Therapists. Dr. Hybarger lectures internationally on Brief Strategic Therapy and offers the only certification training in BST in the United States. Dr. Hybarger was trained at the Mental Research Institute, The Madanes Institute, and the Centro di Terapia Strategica in Arezzo, Italy. Dr. Hybarger has published numerous articles on oppositional defiant disorder, eating disorders, and brief strategic therapy.

### BRIEF STRATEGIC TREATMENT OF PTSD

#### Presenter

Federica Cagnoni

The presentation of this research allows us, first of all, to discredit a belief: the one for which the strategic therapy only deals with the present, ignoring the past that, sometimes with great effort, every patient brings along. Strategic therapy simply avoids to interpret the past and to assign it a meaning unknown to the person. However, when the past is the problem

of the present, when it continuously trespasses into daily life, almost as a shadow from which we cannot part and neither forget about, the strategic therapist's work is indeed aimed at the past, or better, to its "repositioning". The specific treatment protocol elaborated for post traumatic stress disorder (PTSD), as the ones developed at the CTS in Arezzo for other types of disorders, is subdivided into four phases, each being characterized by specific prescriptions and typologies of communication. Starting from the definition of the problem and the patient's perceptive-reactive system, the therapist utilizes specific intervention stratagems, which will guide the patient into living concrete change experiences, between the sessions. This way the person is progressively guided to surmount the past trauma and the effects that the trauma keeps bringing into his present; until having completely reached an overcoming of his disorder and a functional reorganization of his perceptive-reactive system.

#### Learning Objectives

1. Distinguish PTSD as a different type of anxiety disorders from a diagnostic point of view.
2. Analyze the treatment protocol for PTSD (strategies, techniques and communication).
3. Analyze specific and peculiar techniques used in Brief Strategic Therapy to work on Mourning.

#### Presenter Bio

Federica Cagnoni PsyD is affiliated researcher at the Centro di Terapia Strategica di Arezzo, Italy, and ordinary lecturer at the Post Graduate School of Brief Strategic Therapy of Arezzo (recognized by the MIUR, the Ministry of University and Scientific Research). Psychologist and psychotherapist, she attended Psychology at the university of Bologna and then carried out an intensive training in Cognitive Behavior Psychotherapy at the Maudsley Hospital of London, under the direct supervision of Professor Isaac Marks. After that, she specialized in Brief Strategic Therapy at the School of Specialization at the Centro di Terapia Strategica of Arezzo, founded by Paul Watzlawick and Giorgio Nardone. Since 2000 she's a senior collaborator at CTS and leader of the Centro di Terapia Strategica of

Turin, where she works as psychotherapist for adults, teenagers and children. She's a member of the editorial board of Brief Strategic and Systemic Therapy European Review. Besides her activity of psychotherapist, she works as trainer, consultant and coach in social, clinic and managerial field. She has participated in various international conferences and she has been appointed a regular visiting lecturer at the Gestalt Institute of Barcelona, Spain, and at the Gregory Bateson Institute, Paris, France.

## BRIEF STRATEGIC FAMILY THERAPY: AN OVERVIEW

### Presenter

Anamitra Basu

Brief Strategic Family Therapy (BSFT) evolved over the years. It is a brief intervention used to treat problem behaviors including alcohol and substance abuse. BSFT is based on certain principles, the first among which is family based. It recognizes that family is a part of the larger social system and the family in turn is guided by the social system in which it exists. The second principle revolves around the interaction between each family member. BSFT responds to the unique strengths and weaknesses in the family. The third principle is planning of interventions. It targets to provide practical ways of changing pattern of interaction. It can be implemented in 12-15 sessions. It is effective in treating drug abuse; conduct problems, impaired family functioning. However, certain risk factors are intertwined with this mechanism. The first among this is the process of immigration.

The second risk factor is intense conflict. Hence BSFT helps to negotiate the families' differences. The third is powerful influence of neighborhood. Role of extensive family is also utterly important in BSFT. BSFT assumes that each family is unique and the behavior can be understood only in terms of context. It follows a problem focused and planned intervention. Three components of interventions are important, namely joining, diagnosis, and restructuring. Joining starts with the first contact with the family. Diagnosis probes in the nature of family's interactions where it envisages psychological and biological factors. Lastly

judgments are being made about the problem and pattern of interactions and finally specific plans are adopted to change the interaction pattern and eliminate the problems.

### **Learning Objectives**

1. The participant will learn the theoretical underpinnings of BSFT
2. The participant will learn intervention techniques of BSFT

### **Presenter Bio**

Anamitra Basu, PhD is a Senior Lecturer in Indian Institute of Technology, Guwahati (IIT), India.



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