

BRIEF THERAPY INSIDE OUT

WITH

BRADFORD KEENEY

Welcome to Brief Therapy Inside Out! We have been teaching courses in counseling theory and practice at Governors State University in Illinois for several years. Time and again, we have searched for ways to show students how various practitioners work. What if you know you can only work with this client for a brief time? What are some of the ways you can quickly develop rapport with a client? What does therapeutic hypnotherapy look like? Just what is EMDR anyway? Can you really do “brief” psychodynamic therapy?

We also wanted to share with our students the personhood of some of the leaders in our field. Not all students are motivated to or can afford to attend conferences and workshops where they can meet the leaders in our field. And, as practitioners ourselves, we know how difficult it is to find the time and resources to do this.

This series focuses on thirteen outstanding practitioners who share with us not only the skills and concepts of the brief therapy they have developed, but also tell us about themselves. Therefore, this project has been rewarding to us both personally and professionally. We hope you will share some of this with us as you view this video and follow the study guide.

We can be reached at Division of Psychology and Counseling, Governors State University, University Park, IL 60466. Jon’s e-mail address is jcarlson@genevaonline.com; Diane’s e-mail address is [d-kjos @ govst.edu](mailto:d-kjos@govst.edu).

Jon Carlson, Ed.D., Psy.D

Diane Kjos, Ph.D.

HOW TO USE THIS TAPE

This tape is divided into three segments. In the first segment (14minutes), Jon Carlson and Diane Kjos interview Bradford Keeney to gain an overview of his approach. The next segment is client session (36 minutes). The client is a volunteer who has not previously met with Keeney. Following the, Bradford Keeney, Carlson and Kjos review and discuss key points in the counseling session (50 minutes).

Each of the three segments have time markers so that you can quickly find your place. These time markers are designed to indicate both the segment of the tape and the minutes into that segment. You will note that, in the first segment, the time marker has one line, in the second there are two lines, and in the third, three lines. Thus the therapy session, which is the second segment, has time markers with two lines. This study guide contains a complete transcript of the therapy session with minute indicators so that you can quickly find a particular exchange.

For class or workshop application: You may wish to assign one or more reading prior to having the class view the video. We recommend the following sequence for a class or workshop:

1. Show the opening interview which covers key points concerning this approach to brief therapy and then discuss with the class things they might look for in the counseling session itself.
2. Depending on time available:
 1. Show the second segment without pause, asking participants to note the time markers of interventions they found particularly significant.
 1. Briefly discuss significant interventions and turning points in the session.
 2. Highlight and discuss common or universal skills such as relationship building or challenging that are demonstrated in this session.
 2. Show the second segment with pauses to highlight and discuss significant interventions and turning points in the session.

3. Show the third segment and note the segments of the therapy session that the discussants highlighted.

4.

The video series is also useful for personal skill building. For example, you might compare how different therapists build a therapeutic relationship with the client or close a session.

TRANSCRIPT OF THE SESSION WITH A GOOD MOTHER ¹

BK1 [2-1] Thank you for coming.

CL1 No problem.

BK2 And you can discuss anything you want tonight and just give me some sense in the beginning of what is going on with you and what you would like to focus on.

CL2 [2-2] Alright. Basically, I've been married for three years. My husband is an alcoholic, and I have a baby at home, and we are dealing now with a marriage problem and an alcohol problem. I moved out of the house, and for the last two weeks, my husband has been playing emotional games on me. One minute he wants to make it work, the next minute he doesn't. Basically, one of the reasons I left is due to his alcoholism. The other reason is because he verbally abuses me, and I can only take so much. I have been doing, well, I'm a full time working mom. I work for United Cerebral Palsy. Like I said, I have a baby at home which if you don't know is a lot of responsibility, and basically I have been doing the brunt of everything. And about two weeks ago I just completely lost my mind and called Mom and said, "Can I come home?" From that point on it has been more verbal abusing and every day changing his mind on what he wants to do and what he doesn't want to do. And I've asked myself many times, what do I want to do? I don't know what I want to do. I really don't know. Part of me feels like this is the person I married for better or for worse, and part of me is like I think I've been through enough. Maybe I can live on my own and I would have a better chance for my daughter to have a really good life which is my biggest

¹BK—Bradford Keeney, CL—Client

concern.

BK3 How old is your daughter?

CL3 She will be twenty months old. She will be two in August.

BK4 Okay. So your hands truly are full.

CL4 Right. My hands are truly, truly full.

BK5 Yeah.

CL5 [2-3] Very truly full. She is a very talkative little thing. She has been very active. I feel I cannot, she is the joy of my life. I hope not to be one of those mothers who puts everything I have into her and have nothing left for myself. I am learning also to set some time aside for myself, which is very hard. You know, my mom is trying to show me it's okay to go out and leave her home. I mean up until now I have never been able to leave her with anyone besides my mom or my sisters because of his alcohol problem which he doesn't really want to get help for. He doesn't really seem to think there is a problem.

BK5 So you really want to be a good mother and do the right thing.

CL5 [2-4] Yeah. He seems to think that I want to be a mother more than I want to be a wife, which I don't really think is true. It's just that I had that role. I don't think that he realizes that she does take a lot of work, a lot of paying attention to, I don't know how to use the right words. So, but she needs a lot more attention than he does right now. And he is also the kind of person who has always been the center of attention in everyone's life. And he just doesn't know how to accept the fact that my attentions now are going toward Cassidy and not him.

BK6 Now when you say that he's an alcoholic, give me some sense of what that means to you. Is this what everyone is saying? Does he come . . .

CL6 Basically, he has a good job.

BK7 So, he's is able to keep a job?

CL7 He has been able to keep the job. He has been at the job he has for about three years which is

as long as we've been married. He has been here in Illinois for about seven years. He is originally from Pittsburgh. He can drink about eight to ten beers a night, probably a couple of shots of tequila, and basically takes care of himself.

BK8 Does he change when he drinks? Does he become another person?

CL8 He does. At first I didn't really notice it. Then I slowly, slowly caught onto it.

BK9 Then do you change when he changes?

CL9 [2-5] Basically, I kind of ignore him. I try to do the best I can. I have my routine when I come home. Get her dinner, get her bath. I have a little reading time with her. I spend time with her and then I try to get her off to bed so I at least have some down time for myself which is reading and watching TV. I normally have always been a big reader, but I have noticed that now one of the things that I like to do I put aside because it's an hour or two of fighting every night which I have to have on the schedule. I don't have to have it on the schedule. It just happens to come up because I don't like the way we have been living. I'm not happy with it. I can never seem to do anything right. I can't grocery shop the right way. I can't take care of Cassidy the right way. I can't do anything right.

BK10 So you are facing some real challenges.

CL10 Yeah, I am. And I really seem to think that I am a good mom. I mean, I put her interests first. I put her first. I put her safety first. Communication with her. I mean I can't even take a basic phone call in the evening without him, can you get off the phone to change her diaper. Can't you do anything right? You're so fat. You're stupid. I don't think I should have to live like that. You know what I mean? So . . .

BK11 [2-6] So where do things stand at this moment? Let me ask it a different way. If we were to ask him, where are things in the marriage and in the family life, what would he say?

CL11 He doesn't think there is a problem.

BK12 He says there is no problem?

- CL12 He says basically the biggest problem is that I don't obey him. I don't obey him.
- BK13 And would he say that you've left him?
- CL13 Yeah, he would say that I've left him.
- BK14 So he would say that you've left him.
- CL14 He also would say that I don't touch him enough. That our sex life is none and void due to the fact that he thinks it's because I'm fat, and I think it's because he's drunk. On the way in here today he beeped me, and I called him back, and I said that I love you and I want to make it work, but just this morning he told me my marriage was over with. So I walked around in tears all day thinking this is it. I really have to face a big challenge by myself now. And on my way in here he changes his mind now. But tomorrow morning I don't know what could happen. Things seem to be changing that fast.
- BK15 [2-7] So there are so many things going on. What do you think, at the moment, would be most useful for you in terms of focusing on something to help, help you sort out your life and to make things better for you?
- CL15 I don't know. I just, I have so much on my plate right now. I feel, I feel like it's a drinking problem, but then I feel like there is more to his drinking problem. Frank's brother passed away two weeks after we were married. His brother was his best friend, someone he shared a lot with, he was very, very close with. He took his death very, very hard.
- BK16 So maybe this is a three year wake.
- CL16 [2-8] It could be a three year wake. He also said that his parents, he was abused growing up. That his father, and I've witnessed his father does not know how to respect people. He does not know how to talk to people. So, I think part of it comes from that. He's never really learned how to talk to a woman. His dad talks down to his wife. So, of course, Frank only knows this and will talk down to me. I don't believe he wants to do it. I just believe he doesn't know any different. Maybe I'm trying to me on his side, not on his side, but I am trying to hope that he doesn't really think that

down upon me. I don't know.

BK17 I have a couple of wild ideas.

CL17 Shoot them out. They can help.

BK18 Let me see if they are anywhere in the ballpark. Um, from what you've said, it's possible that you truly are not only a good mother but an outstanding mother.

CL18 Thank you.

BK19 Yes. And I think that's part of the reason that you came here. Look how busy you are, and you came in the midst of this probably largely because you would do almost anything to help that child that you love.

CL19 I do. I did bath and dinner already and everything.

BK20 Yup. See. Then I think I'm on the right track here.

CL20 Thank you.

BK21 [2-9] Now he obviously, even though he may not admit it, maybe not even to himself, but he down deep knows too that you are a great mother. And probably at some deep level knows and is aware of the gifts that you bring to home life. So maybe, maybe he has some inner desire to learn how to be different in the home than the way that he experienced as a kid, you know. And in a sense he is trying to get over maybe two death. This sort of recent, this death three years ago, and like I say it sounds like a big wake. Just can't stop that process, but there is also a sense he probably would like to get out of the patterns that he grew up with.

CL21 I would hope.

BK22 Yeah, who wouldn't. So down deep you know that's got to be. . .

CL22 [2-10] I believe that could probably be true because he often talks about how he wants to change, and he often says he is not like his father.

BK23 Exactly.

CL23 But he doesn't realize that he is. But I don't know how to show him.

BK24 Well, see the trap is that people caught in the situation often have to act the way they did, or act the way they saw their parents acting to see what the spouse would do about it. It doesn't help for you to point that out. He's going to say no, I'm not, or you don't understand.

CL24 True.

BK26 [2-11] And other times he will say, yeah, I don't want to be like my father. So, you know, he is aware that there is something there. So you are up against this challenge that in a way when he challenges you with his forms of let us say disrespect, and when he challenges you with in particular the drinking, he may be in a way saying look, this is exactly what I don't want to be like. I'm showing you, this is now I don't want to be. You know? It's sort of a strange way to do it, but people, we're all strange. People just don't, in other words, if you had a problem people sit down and ten minutes say I don't want this, I want this, and I would say okay, shake hands, let's go. That doesn't work for anyone.

CL26 No.

BK27 Right? Otherwise we wouldn't have literature and motion picture and plays that show how complicated we make simple things into.

CL27 Very true.

BK28 Okay. So, maybe he's showing you how he doesn't want to be and hoping that you will respond in a way that can help him break out of that, you know?

CL28 I thought my leaving would show to him. It hasn't.

BK29 Okay.

CL29 I understand now he is drinking more. He says that he is willing to quit drinking if the marriage works, but if the marriage does not work, then why bother to quit drinking. He has not asked to see his daughter.

BK30 Now what communication do you have with him? You said you talked to him today.

CL30 Basically . . .

BK31 Is that on the phone or . . .

CL31 [2-12] No, actually I give him, we have one car, I give him a ride to the train in the morning, and I think one of the problems we are having is the more I think about this, I'm the kind of person who loves to analyze. So I've been analyzing . . .

BK32 You or him?

CL32 Oh, I love to analyze. Me. I don't think he knows what the word means. But I think he literally does, but I love to analyze. I've been analyzing the whole situation. I've been analyzing him, me, how I am, how everything. And I partly am starting to wonder if maybe he is just not grown up yet. This 38 year old man. His parents have taken care of everything for him. And if he is not, if they like ask him to do something and he is not, basically it's okay. He is 38 years old. Where I was brought up in a household where you just faced every day as a challenge. We got up and went to work. Frank doesn't feel like it, Frank doesn't go to work. How he has never lost his job I will never know. I honestly do not know. He's had notes sent home saying you are only allowed one more day off and your job is gone, and he pushes it every single time.

BK33 [2-13] So this sort of confirms my hypothesis about your being a good mother and something about you attracted him.

CL33 Yeah.

BK34 To find maybe also a good mother. Caught with a pattern of . . .

CL34 I originally thought when we got married, if I think back now, I did see a drinking problem, but either a) I thought I could change it or b) I closed my eyes to it. And I don't know which one I did. Maybe I did a little bit of both. I don't know.

BK35 What was he like before the funeral three years ago?

CL35 [2-14] He was drinking, but he knew when to say when. We would talk. We communicated. But if I think back it was always his way. When I think back there was always an excuse for something. Now I moved out of the house, knew that I needed to talk to someone, knew that I didn't have a lot

of money, so I started going through the telephone book. Started talking to friends. Talked with state representative, and here I am today.

BK36 Have you made a decision to what you are going to do?

CL36 Oh, no. I haven't made any decision.

BK37 So you are just really . . . just wondering.

CL37 But he has never even thought to even rent a car so I do not have to take him to and from the train every morning or take me to the grocery store which I don't take him to the grocery store or home, I used to take him to work, to the train because I would want him to go to work because I need that money right now because I don't know what's going to happen. I can't have him losing his job. I mean because he does make very good money. My money is, I don't know what happens to it. It goes to the babysitter actually. She makes probably more than I do. But I like what I do. I work with handicapped people. I totally get into that.

BK38 So everything in your life is being this wonderful mother.

CL38 Well, I don't want to seem to put myself all up and put him down.

BK39 [2-15] But you see the dilemma. Can you see the dilemma that's shaping itself up. I mean clearly everything you say confirms my hypothesis that you have fabulous mothering skills, working with handicapped people, the concern you have about your own daughter, the ways in which I think he behaves are not only bringing a lot of pain and suffering to you but in a crazy way, it's his way of acknowledging that you are a skilled mother. Otherwise, he wouldn't present you childlike behavior.

CL39 Maybe.

BK40 Yeah. It's almost like saying I see on some level that you are this great mother. Let me throw all this childish stuff and you mother me through it. Now the dilemma is, "Yeah, thank you very much. I'm glad, but the dilemma is this is a mess."

CL40 Yeah.

- BK41 But can you see in some crazy way that it's almost . . .
- CL41 Now that you've pointed it out I can see it. Maybe the reason why we are together is maybe I will help him straighten out and turn into a man.
- BK42 [2-16] It's bizarre because he is complimenting you when he behaves this way. Complimenting your skill as a mother, but it's a very crazy way of doing it. And I would say in some way, since you are very bent on being a keen analyst of things, let's put our detective hats on, because I think that possibly this business of the drinking starting at that funeral, like a wake, is in some way a signal that he wants part of this childish behavior of his own to go away, to die, to pass.
- CL42 Yes, I think he does. I really do.
- BK43 So all that's tied together.
- CL43 I think he knows that he can't continue going on like this. It is going to kill him. It really is going to kill him literally. So I mean he doesn't eat healthy or his idea of eating dinner is like 9:00 at night and a steak. My idea is eating dinner at 6:00 and whatever I can put together that's tastable for her. That's my train of thinking.
- BK44 [2-17] So let's in an analytical sense assume that most, if not all, of this performance that he creates, being a 38 year old 15 year old, is basically a way of acknowledging your skill as a mother. Now puts you in the trap that you can't be his mother.
- CL44 Yes, that's very true.
- BK45 Then that leads to all kinds of weird things that are also being experienced. So let me ask you are there even five minutes in the course of a week where you don't feel like a mother to him, where the two of you have . . .
- CL45 No, there really isn't. There really isn't.
- BK46 So let's think. What if you could only create, I don't know, five minutes, ten minutes, maybe that's too ambitious. Maybe one minute where he did not relate to you as a 38 year old 15 year old, and you did not relate to him with your mothering skills. Where the two of you met as equals the way

you did as a couple before you were married, before the funeral, before all this crazy wake, before all these things started happening. What would it be? What could we create that would just be a moment? Anything.

CL46 [2-18] I don't know, but I do honestly miss not having him to talk to. When we met we thought we were soulmates. I still sometimes feel like I connect with him. We can almost think for each other at times. It sounds very weird, as much as I could strangle him at times. I also feel like I know what he is going to say before he says it. I don't know. We didn't really date for very long. We only dated for six months before we were married.

BK47 Where did you go for fun? Did you go to movies? Did you go to restaurants? Did you go bowling?

CL47 A bar.

BK48 A bar. Anything else.

CL48 Um, we used to live downtown about two blocks from Lake Michigan. We used to get up in the morning on weekends and walk along the lake with cappachino.

BK49 So walking and coffee.

CL49 Yes.

BK50 A bar.

CL50 Yeah. The bar was always fun for him, never for me.

BK51 Okay. So what you both liked . . .

CL51 And spending time with his brother was always very important to him. We spent a lot of time with his brother before he, like between the time I met him and the time he died. We spent a lot of time up there.

BK52 So where do you live now? If you were to go for a walk, where would you go? Same place?

CL52 [2-19] Well we can go to the Oak Forest walking path. We can go around the blocks. We can go almost anywhere.

BK53 And so how much time do you have in a week or a day to have for walking?

- CL53 For my husband, I could make time. I really could probably make time.
- BK54 I don't want you to be too ambitious.
- CL54 A few times on Saturday we've walked to the park, take Cassidy to the park and walked over to the video store. You don't really get out a lot when you have kids. You don't get out at all when you have kids. Walk over to the video store. Get a video for her, of course, got to get Barney in there, and the video each that we both liked, and we watched videos and stuff like there. I found that a very enjoyable day.
- BK55 When was the last time you walked together?
- CL55 Couple of months.
- BK56 When was the last time you watched a videotape together?
- CL56 [2-20] We can't even sit down and watch a TV show together. I mean, for some reason we don't seem to have the same interests in TV as we did when we were dating I guess you could say or living together.
- BK57 So it would be quite an issue to decide which video tape to watch.
- CL57 I also think that it could also be that when we first met we didn't really watch TV or videos. We would go out, or we would stay in, or we would talk. Key word is talk. We would spend a lot of time communicating.
- BK58 So the talking . . .
- CL58 The talking is gone. The talking is gone.
- BK59 But when you walked it was present.
- CL59 Yeah.
- BK60 What do you think he would say if you just mentioned let's go on a walk tomorrow?
- CL60 Well, he probably would say his feet hurt. He is complaining about his gym shoes lately. And he'd say can it wait until Saturday. He would probably give me that excuse.
- BK61 Would he do it on Saturday then? Or would it be another excuse?

- CL61 No. It would be another excuse.
- BK62 Do you think you have the skill to figure out how to get him on a walk?
- CL62 No.
- BK63 You don't? Five minutes, one minute? Could you trick him? Is there anything you can do?
- CL63 [2-21] Probably if I tried really hard I could.
- BK64 What would you have to do?
- CL64 Um, I could approach it that maybe in order to make this marriage work we have to stop back and remember what we used to like together when we first met. And say "Why not just take a walk instead of having a beer?"
- BK65 Okay. That's, and that's the way you probably would have asked it in the past, yes?
- CL65 Yes.
- BK66 Now I want you to turn on your imagination.
- CL66 Uh, oh.
- BK67 Flick it on. I want you to try to imagine how you could ask him to take a walk in a way that would completely shock him. He would go like what? Did you say that?
- CL67 I'm a mother, okay.
- BK68 [2-22] How could you ask him for a walk that would shock him? How would you do it? I mean it could be weird, it could be mysterious, it could be a little crazy, it could be saying it with a word or with an idea.
- CL68 A gesture.
- BK69 A gesture. That's good.
- CL69 I don't know. I don't know. I don't know.
- BK70 Nice thing about pretend is that you can just make something up. I'm not asking what would work. Just what do you think would shock him, you know?
- CL70 Um, probably nothing because I've shocked him so many times with other things.

BK71 So you are good at shocking?

CL71 Oh, very good at shocking. My mother says I'm the queen of shock value.

BK72 Really. And you're telling me now that you can't come up with another way. I think you're holding back. You don't want me to know.

CL72 I've been watching Barney movies lately where just I don't know. I don't know.

BK73 [2-23] How have you shocked him in the past? If you are the master of shock.

CL73 Probably just things I said or things I've beeped into his beeper.

BK74 Yeah?

CL74 Yeah.

BK75 So this is something, you are skilled at this.

CL75 Oh, I am very skilled at this.

BK76 I want to hear more about this. Tell me more about this ability to shock. What kind of things are shocking things in the beeper, or are they things you can say.

CL76 One of my friends taught me how to put a code like figure out the number and the letter and put it in the beeper. Like if I was going to say I love you, I would put the numbers for I love you, the letters for I love you - I always get numbers and letters confused. For I love you and then he would call me back and he goes did you beep me? I said yes I beeped you. He said what did you say? I go look at the phone and figure it out.

BK77 Ah.

CL77 It took him probably a half hour, but he was like ah, I like this.

BK78 So when was the last time you exercised this communication?

CL78 I did that today. I did that today.

BK79 Did he like it?

CL79 [2-24] He was very surprised. See. This morning he had called me at work and told me that he did not think this marriage was going to work, so this afternoon with a tear in my eye I beeped that I

still love you.

BK80 So you do have this special talent and resource of shocking that's proven to be something wonderful for the relationship.

CL80 Yeah.

BK81 So, how would you, would you, I mean can you send a message to him that he would be able to figure out that you are inviting him for a walk?

CL81 I probably could do that.

BK82 Yeah.

CL82 Sit down with my pen, so I could probably do that.

BK83 [2-25] See that would be very interesting. Then maybe you can use that as a clue for how to talk to him about things that aren't so easy to talk about. Maybe you would come up with a special arrangement that sensitive issues are only to be addressed in code. You know? I'm not sure exactly how you do it. I mean, it's going to take a lot of message on that machine, but you could arrange something. I'm sure you could do that with, your mother said you're a master at this right?

CL83 That's true.

BK84 So now we've hit. We've hit some interesting territory. That is, we've found a skill that you held back from telling me. That is you have the skill of shocking, and you've used it with him, and it's been effective. Have you ever shocked yourself?

CL84 No.

BK85 Just others?

CL85 No, just others.

BK86 Did you ever think about what it would mean to shock yourself?

CL86 No.

BK87 I don't what that means, but it might be an interesting thing for you to think about.

CL87 I guess.

BK88 You know. Because you analyze things, yes?

CL88 Yes.

BK89 Over and over?

CL89 Yes.

BK90 So would there be a way to analyze things that would shock you, like you could create out of your imagination, a shocking analysis?

CL90 Well, I think I've done that before maybe.

BK91 Really?

CL91 Like I'm in a make believe land or . . .

BK92 [2-26] Excellent.

CL92 Pretend.

BK93 This is wonderful. This is such a valuable thing. Does it make you giggle or when you make sort of a wild explanation of things, does it make you, does it hit your funny bone or does it hit your weird bone?

CL93 My funny bone, my weird bone. Maybe I don't. Frank always says I don't laugh anymore like I used to laugh. I don't joke around anymore the way I used to joke around. Maybe I really don't.

BK94 You know what I'm thinking? You need to announce loudly and clearly that the shock is back into your life. You need to say it to yourself. I'm bringing back the shock. The shock is back.

CL94 The shock is back.

BK95 The shock is back. And you know what? What plays itself out in my imagination is that little device, I don't know whether you can still buy them. I mean when I was a kid they used to have those little devices you would wind up and shake somebody's hand and buzz them. Do you remember that? I mean that's truly a shock.

CL95 It is.

BK96 [2-27] Do they still make those?

- CL96 I don't know. I really don't shop around trick stores, but I could probably look for one.
- BK97 I bet there is one. There has to be. That could not be extinct. It has to be out there. But what a wonderful way to announce to the family and to your husband that the shock is back.
- CL97 The shock is back. I'm back.
- BK98 Did you play practical tricks? Did you go to trick shops in the past and get things like that, or is that something . . .
- CL98 I've done more things like I've hidden things from him, make him go on a maze to find things.
- BK99 Really?
- CL99 He's done that to me too though. Like Christmas presents were always hiding somewhere with little notes I had to go collecting to figure out where they are.
- BK100 That's fantastic. That's fantastic. See you all have a lot of knowledge that other couples would benefit from.
- CL100 I guess so.
- BK101 You could figure out this mothering and wake business, if you could get past that.
- CL101 If we could get past all that.
- BK102 [2-28] Yeah. That's fascinating. Treasure hunts.
- CL102 Yeah. Treasure hunts.
- BK103 Ah, that's excellent. So are you willing to announce that the shock is back?
- CL103 Yes, I probably could do that. Yes.
- BK104 Would it make sense for you to put it up as a sign in the house?
- CL104 No.
- BK105 That's too much. It's not shocking enough.
- CL105 Too much.
- BK106 So you have to say it to yourself.
- CL106 I say to myself a few times before I announce it to everyone else.

BK107 The shock is back. The shock is back.

CL107 The shock is back.

BK108 And then you have to start giving little codes. Maybe that first code would be to get him to take a walk, but you can't, see the thing about shock, I'm assuming that that's when you are not a mother.

CL108 No.

BK109 You are not a mother when you are shocking.

CL109 That's true.

BK110 So you are a great mother, and you are a great shocker. And this relationship needs more shock. That's what went to sleep.

CL110 Sounds like it.

BK111 On your part.

CL111 Yes.

BK112 Your part. I mean he is still in the wake, and you left the shock.

CL112 [2-29] I've been so busy trying to hold everything together and make sure everything runs the right way Monday through Friday. By the time Saturday comes, I'm like what? Huh?

BK113 And you know how you will know that you've brought the shock back? At the end of the day you will be able to remember the times that you laughed. You've already told me that. Laughing has gone away and put this together. Seems to me that you will know at the end of each day by being able to remember that I laughed, I giggled, I was tickled in these ways, that the shock is back. Okay?

CL113 Thank you.

BK114 Yeah. I mean I think you've simply laid out this fantastic gift that you have. Your family knows about it. Your mom knows it.

CL114 Well, yeah. My mom would.

- BK115 Have you ever, you said that he also does a little trickery with you in terms of the treasure hunts and the gifts.
- CL115 Yes.
- BK116 Have the two of you together ever shocked somebody?
- CL116 No, I don't think we ever have.
- BK117 Now that would be an experience.
- CL117 That would be.
- BK118 [2-30] Who would . . . what person in the world would both of you enjoy shocking? He would agree, you would agree.
- CL118 Hm, I don't know. I think Cassidy is still too young to really benefit from it.
- BK119 Probably so. Who would the two of you just get the biggest charge, the biggest giggle, if you truly together shocked them?
- CL119 Maybe one of his nephews.
- BK120 Yeah, nephew? Would he agree? Is that the best target?
- CL120 I'm thinking. It could be.
- BK121 You see. Maybe we need to get in the mind set of the secret intelligence operation.
- CL121 Some teamwork again.
- BK122 [2-31] Yes. You in your mind make clear that shock is back. Get him a code to go on a walk where the purpose of the walk is for the two of you to plot together a shock of someone both of you enjoy shocking.
- CL122 Maybe our sister-in-law, or his sister-in-law, Alyssa.
- BK123 If you really shocked her would he giggle?
- CL123 Yeah, I think he probably would giggle.
- BK124 Okay, see, that's when you know it's worked. When there is a giggle out of both of you.
- CL124 Maybe out of all three of us.

BK125 Yeah.

CL125 Be nice if all three of us laughed again. That we could probably do.

BK126 Yeah. Very interesting. Very interesting. But again, I think it's good, I don't think you should forget about that little buzzer. And that might be a nice way when you both agreed on that walk to do this shock that you say let's shake and then give him a zap.

CL126 He would be shocked, yeah?

BK127 I think he would be shocked. He would be very shocked.

CL127 Yeah.

BK128 Very shocked. Even after you've buzzed him just take it and go toss it into the water, because you would be walking by water, right?

CK128 Yeah.

BK129 So just toss it in the water. That would really, that would be a double shock.

CL129 I could try that. I could probably try that. Now if it would work, I don't know, but I could definitely try that.

BK130 Then you say now let's really shake. And have a second one.

CL130 Exactly.

BK131 Then you say the shock is back. That would be a good time to say it. Agree? But you need a moment like that to announce it.

CL131 That's true.

BK132 Otherwise, it's bad theater. You're right. You can't just say it. The audience won't believe it. You've got to set it up.

CL132 That's true.

BK133 You've got to set it up.

CL133 That's very, very true.

BK134 Well, I think there's hope in your life.

CL134 [2-33] I hope.

BK135 Yeah.

CL135 I pray.

BK136 Because how can you not get through life having the skill of analysis and the skill of shocking?

CL136 That's very true.

BK137 Man, those are two amazing tools. Wow. If every human being had that, there would be greater hope for the world.

CL137 That's true.

BK138 Just think if the world leaders had those skills. They know how to shock anybody.

CL138 That's true.

BK139 I think that's probably why the world is in a mess. A little more shock, you know.

CL139 Exactly.

BK140 A little more laughter.

CL140 A lot more laughter.

BK141 Ah, we need it.

CL141 Yes. You can say that again.

BK142 Yeah. So will you promise me that the shock will be back?

CL142 I will try, yes.

BK143 That's not good enough.

CL143 I will try.

BK144 [2-34] That's not good enough. You came here really worried, and then you tell me that you have this talent, and I really, I mean, I don't want you to make it up, but I really want to hear, yes, the shock is back. And let's just say, can it come back for one week? Can you say to me the shock is back for at least one week? Can you make that promise?

CL144 One whole week?

BK145 One whole week.

CL145 Seven whole days?

BK146 Yeah. I don't know, I'm not saying you have to shock 24 hours a day.

CL146 Oh, good.

BK147 But for at least one week in your mind you are going to have a little voice that says, yeah, you are going to be plotting, you are going to do the code thing with him to say let's have the walk and plot the shock to someone you both agree on. And then look for the little buzzer. Orchestrate all that. Let's give it a week. Can you promise me that?

CL147 Yes, I can promise you that.

BK148 That's okay. You're not just . . .

CL148 No I'm not. No I will try. I feel like I have to give it my all before I give it quit.

BK149 [2-35] You have to try that which you know has been a resource for you throughout your whole life. You can't stand in the face of adversity and not use the tools you have. Whatever happens to you, however the form of your relationships, because he is always going to be the father to your daughter, no matter what the outcome, whether sickness comes, whether climatic disaster comes, whether financial ruin or the other kind of disasters, you know, sweepstakes. You win the sweepstakes and all these people converge on you. You know great success and great failure are both calamities.

CL149 That's true.

BK150 So whatever life brings to you, you have to draw upon the skills that were given to you. That's your gift. So it really doesn't matter what happens. What matters is that you use what you've got.

CL150 True.

BK151 And you're not using them.

CL151 I have not been using them at all.

BK152 So just promise me you will use the gifts that you were born with.

CL152 I can, yes I will do that.

BK153 That's it.

CL153 Yes I will do that.

BK154 [2-36] Then I'm going to feel very good that there is a human being out there in the world who not only can analyze and make sense of things but who is a master at shocking. Because this is an endangered species.

CL154 Yes.

BK155 Very few, few people with that skill left. It gives me hope for the future to know that there is one person exercising it. Okay?

CL155 Thank you.

BK156 Thank you. Good luck.

CL156 Thank you.

BK157 I was sort of wondering if you were going to buzz me then.

CL157 I'm not going to buzz you. I don't have anything. No tricks in my pocket yet.

FOR FURTHER INFORMATION

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