



The Strategic Dialogue - Rendering the Initial Consultation a Real Intervention

DUBLIN

30 September 2016
Bateson Clinic, Dame St, Dublin 2

CORK

8 October 2016
Clarion Hotel, Lapps Quay

Strategic Dialogue

Many clients that present for treatment attend with a concealed request for help, that is an underlying tacit demand, which reads, **"Change me without changing me."**

This double-bind means the clinician has to search for innovative means of intervention to assist clients in embracing or achieving change.

In light of this important notion we are offering training in the use of the Strategic Dialogue, a therapeutic technique which aims at turning the first encounter with a client

from being merely a diagnostic or initial interview into a discriminating-intervening-changing process from the outset.

Through a seemingly simple and thus disarming dialogue, the first session becomes a complete and effective therapy in itself.

Through the use of an elaborate yet subtle communication technique it allows the client experience themselves as the main protagonist of the therapeutic process, this achieves the maximum with the minimum. This

also leads clients in becoming more inclined to follow the suggestions given in-session and/or out-session that can bring about their desired change.

The use of this rhetorical device is no new discovery, in fact it holds its roots in the history of civilization.

"A wise man's question contains half the answers"

Solomon Ibn Gabirol



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Strategic Dialogue

In clinical practice, the therapist is not only faced with complicated human suffering, but paradoxically their work is often challenged and sabotaged by the patient's own resistances to change.

Even though patients are in desperate need to be helped, often they do not or are not able to collaborate and follow the therapist's suggestions. In fact research reveals that less than 20% of the patients are actually collaborative and put into play their resources to undergo change (Nardone & Watzlawick 2005).

The first session with a Strategic Dialogue has a fundamental importance, because it embraces the first and second stages of the therapeutic process it creates **a strong collaborative relationship and introduces change.**

The strategic dialogue leads to a joint discovery. This helps in establishing a "good" therapeutic relationship and in strengthening extra-therapeutic elements that tend to magnify both the efficiency and efficacy of therapy. Research findings show that change is more likely to be long-lasting in patients who attribute their changes to their own efforts (Lambert & Bergin 1994).

The strategic dialogue is a vehicle that induces the patient to "feel" the need to change. Thus, we can conclude by saying that the strategic dialogue is the most elegant and evolved persuasive technique that has transformed a simple investigative session into an authentic medium of change.

The days Training will offer:

- **A complete immersion into this Dialogue**
- **This will be done by observation of live clinical cases**
- **By use of specific exercises**
- **Through live demonstration with participants**

Course Details

Cost: €125

Venue: **DUBLIN**
Bateson Clinic,
Dame St, Dublin 2

CORK
Clarion Hotel,
Lapps Quay, Cork

Payment: **Cheque/Postal**
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The Dublin course takes place in our Office on Dame Street. Please see map.

