

Core Competencies of Ericksonian Therapy

Destabilization: A temporary disruption of habitual frameworks, belief systems, or conscious tracking during which conditioned responses are denied expression. It is believed to be essential for the client to become more flexible and open to new means of experiencing, learning, and adapting. It was considered by Milton Erickson and Ernest Rossi to be one of the defining principles of Erickson's therapy and is a core competency for current Ericksonian practice. (Also referred to as: "Depotentialization" and "Confusion Technique")

Experiential - A process of learning through direct experience by personally observing, encountering or participating in an event. It is an active form of learning that is distinct from rote or didactic learning, in which the learner plays a comparatively passive role.

Naturalistic - Any attempt to create the expectation that change will occur naturally and automatically, while eliciting natural processes of healing, growth, learning, and adaptation. Naturalistic is a close complement to utilization, and rest on an attitude of respect for the goodness of the client's mind and body (i.e., the most ideal change comes from within). It is considered one of the defining principles of Ericksonian therapy and is a core competency.

Strategic - A phenomenologically based problem-solving context organized around the client's values, needs, and agenda for change. Therapy is strategic when the client is embraced as the central problem solver, rather than being treated as the problem. It was considered by Jay Haley to be one of the defining principles of Erickson's therapy and is a core competency for current Ericksonian practice.

Tailoring - The modification of treatment approach and relationship style to fit the unique needs and capacities of a particular client or subject. Is considered one of the defining principles of Ericksonian therapy and is a core competency. (Also referred to as: Individualizing Treatment)

Utilization - Any attempt to engage established habits, beliefs, perceptions, symptoms, or resistances, as well as situational factors, in service of problem resolution or some other meaningful end (e.g., trance induction). Utilization is the natural complement to tailoring, which rest on an attitude of acceptance and optimism. It is considered one of the defining principles of Ericksonian therapy and is a core competency.

Short, D. (2019). Principles and Core Competencies of Ericksonian Therapy: 2019 Edition

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