

CLIFFS NOTES: CONTROL THERAPY

REQUEST FOR INFORMATION; HOW TO “DIGEST” CONTROL THERAPY!

On 2023-01-12 09:37, Farkas, Joshua wrote:

Dear Prof. Shapiro, I am a social work intern at the Morlock Foundation, and I am working with a client who was a victim of domestic violence. My supervisor asked me to read up on Control Therapy in order to try to implement it to assist this client. I've been rummaging around the website controltherapy.net for a little while and wanted to know if you had any recommendations as to how to best become acquainted with the modality and to make practical use of it. Is there a workbook? I've begun reading through the book, but it's a heavy read and not something that can realistically be digested in a week. Thank you for taking the time to read this email! Wishing you a wonderful year and all the best! Sincerely, Joshua Farkas

RESPONSE : DIGEST IN A WEEK?!?!:) HERE IS ONE PAGE SUMMARY

Hi Joshua, thank you for your kind letter. So, you haven't been able to digest Control Therapy in a week, eh?!?!? Understandable. It's taking me decades to try to understand (and live) it:!)

SUMMARY. WHAT IS CONTROL THERAPY (CT)

We all want a positive sense of control in our lives. CT is a way to help individual gain, regain, and maintain a positive sense of control. The goal is to help people reduce their suffering and lack of control feelings and increase contentment, peace, and a positive sense of control. Generally over eight—twelve weeks, the following are the 4 parts of CT. All of these are done within a compassionate, caring listening by the therapist in working cooperatively with the client.

Let me invite you to go to the controlresearch.net website which you've already perused and go to what is Control Therapy.

<https://controlresearch.net/control-therapy-overview.html>

- 1) There is a few page summary. Let me invite you to look at the questions at the start (An Invitation for a Moment of Control Related Reflection. If you look at your own life, -where are there "control issues" and how do you attempt to address them. I believe CT is not just for others, but for ourselves and we can learn through our own experience. After you have answered those questions for yourself (perhaps keep a “Control Reflection Journal) let me invite you to take the SCI which is mentioned in those pages. As well as give it to your client. You can find how to do this by going to the website <https://controlresearch.net/> and look at the right hand bottom quadrant on the website where it says What is the SCI and then click proceed to the SCI test center. This control profile includes what a person's current domain specific sense of control is, what are specific domains where they may be concerns; what their modes of control is: assertive change (positive and negative; yielding accepting (positive and negative); the desire for control and agency of control: self,

other/Other.

In terms of your specific client let me invite you to click on Interests/Networking at the top of the page, and you'll notice different topics that have been explored, one of which is an abstract on gender violence: you might want to take a look at that.

<https://controlresearch.net/professional-interests.html#Gender%20Violence>

This is a critically important area, and you are doing valuable work which could further contribute to our understanding in this area. So I invite you to keep a record of your work with the client, and feel free to ask me any further questions re Control Therapy as you proceed. I admire your efforts to bring healing toward those who are suffering. A step at a time we can make this a happier, more peaceful joyful world:!) Good Luck to you and best wishes for a peaceful, healthy, happy New Year filled with lots of positive sense of control:) Dr S.

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On 2023-02-02 06:57, Farkas, Joshua wrote:

Dear Dr. Shapiro,

I am slowly going through the CT training manual and I am gaining a lot from it. Besides the clear explanations and nuggets of wisdom sprinkled throughout, it is also a very practical guide for working on myself, learning about being human, and hopefully helping my client.

RESPONSE: On Fri, Mar 10, 2023 at 11:14 AM dhshapir <dhshapir@uci.edu> wrote:

Hi Josh, Thanks for your note. Glad you're "interacting" with the manual. As you will have seen there are the four aspects of CT described on the Control Therapy Training Manual on the website.

- **FOUR MODULES IN THE MANUAL: 1) ASSESSMENT/ CONTROL PROFILE; 2) GOALS; 3) INTERVENTIONS; AND 4) SYSTEMS APPROACH TO WHOLE PROCESS**

1 Assess the client's concerns, Develop a Control Profile for the Client. There is material in the manual for how to listen to the client and try to understand their concerns, and how they might relate to issues of Control. There is also information and developing a Control Profile through the SCI. The first module will help you understand the SCI; Please click here for a bite size attachment on assessment ([RON < Click here >](#))

Let me invite you to take the SCI yourself (on the front page bottom right hand corner are instructions). *Note: The SCI and all material on the website are free. There is no charge for using.* Go to the website and take the test. It takes about 20 minutes to take and gives a 20 page clinical read out. Then you can give the SCI to your client.

- 2) **Goals.** Module Two deals with setting goals, based on clients concerns and control profile)
- 3) **Interventions.** The third module deals with d control-enhancing interventions that are tailored and matched to the client's goals and control profile. e.g. the assertive/change mode of control and the yielding accepting mode of control.

- 4) *Systems model. Therapist—Client.* The forth module is practical issues for the therapist, and module a system's model of the whole process, including the importance of relationship, evaluating progress, and termination and follow up. [.https://controlresearch.net/control-therapy-manual.html](https://controlresearch.net/control-therapy-manual.html)

Let me know if you have any further questions as you proceed. Also, I invite you to have your client retake the SCI upon termination as one way to evaluate pre to post progress of the therapy, and then again at follow up (e.g. 3 or 6 months).

Hope you're staying well and maintaining a "positive sense of control~" Namaste, Dr.S

JOSH Response: Thank you very much for your detailed and thorough reply. I appreciate that you took the time and interest to reply in such a way. I am also grateful to you for the invitation to continue our correspondence. I hope to do so, as this area of growth is one I believe can be of immense value to both myself and my clients. And rest assured, though my ability to balance my goals and desires for control with the situation before me, mastering the knowledge and even more so the practice of control therapy in a week was never a consideration or even an ambition. I was just seeking to gain the ability to get started myself and with a client. But I am excited at the opportunity to learn from someone who has devoted himself over decades to learn, teach, explore, and master this subject. Thanks again for your tie and for taking an interest in me Best wishes, Josh

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MORE CLIFFS NOTES ON CONTROL THERAPY TOPICS

Josh, let me suggest in addition to the above, as you, and your client are ready, there are several more aspects in the manual <https://controlresearch.net/control-therapy-manual.html> and the control Lecture <https://controlresearch.net/control-therapy-last-lecture.html> which I've attached as "bite size" (3 pages each) attached, which might be helpful (and where they can be found in those documents for further reading

(Ron, is there a way to click on each of numbers 2-13? in folder)

(Assessment; Control Model Dialogue ; Modes of Control; Agency and Desire for Control. This describes agency and desire for control and also shows two control profiles for different individuals at high cardiovascular risk; because of their different control profiles, the control interventions would be different and matched to them . See if that helps clarify for you regarding matching intervention to control profile.

Josh, please take a look at each of these. As noted, all this material is in the manual, so let me invite you next time you have a question (and your questions are great) please do what my parents said to me when I would ask for help "show me your homework." I'd like you to get to know the manual both for how it may help you, and then in turn how it may help your clients. Perhaps it would be helpful for you (and your client) to keep a "Control Journal" of learnings and questions. I was happy to be able to go through and excerpt "bites" for you for your questions, as I've done. I hope these get you started in a useful and beneficial way. After you have read them, I hope you will continue that exploration for yourself. If you get stuck, of course I'm here.. Make sense? Sound fair. Thanks! In Peace. Now, as I shared with you, for this final phase of my life I live in a contemplative cave, and I'm now heading back to my contemplative cave©Namaste

Subject: Re: the promised response: see note and attachments;)

Date: 2023-02-21 13:36

From: "Farkas, Joshua" <joshua@morlockfoundation.org>

To: dhshapir <dhshapir@uci.edu>

Thank you for the response. Just so you know, most of my questions are from my interactions with the training manual. But I will try to read more carefully and show

my work. I have been reading through the manual, but I have been trying to go through too quickly. Thank you for the guidance! All the best,