

GENERAL GOALS OF CONTROL THERAPY

1. Help clients explore their beliefs about who they are in the world, how the world operates, and how they “should” behave or think (control stories).
2. Use the SCI Control Profile to help clients examine their preferred mode(s) of control (4 Modes of Control) and talk about real life examples.
3. Help clients clearly identify life domains (e.g., exercise, relationships, feelings about one’s self) where they feel a lack of control.
4. Help clients explore the above areas in a context-sensitive fashion
5. Help clients formulate realistic goals.
6. Once goals are identified, and where necessary, enhance clients’ effort, determination, commitment, perseverance, and motivation to accomplish their goals.
7. Where appropriate, help the client move from other-responsibility to self-responsibility for their behaviors, thoughts, and feelings.
8. Develop choice – Help clients move from just a few options to a greater range of choices and freedom to choose (rather than relying on hold, habitual patterns of reacting).
9. Select and use specific techniques from a wide range of psychotherapeutic approaches, depending on the needs of the client. The therapist has great freedom of choice in this regard.

✓

This approach starts with a very specific focused structure and then broadens to a point where the therapist is simply doing good therapy based clearly on the client’s needs and goals. Those of us directing this research project believe that a focused therapeutic process at the outset prepares both client and therapist for productive work in the middle stages. We also believe that this particular approach fosters an especially rich therapeutic experience grounding in the client’s motivation, self-exploration, self-stated goals, and unique cultural positioning and worldview.