

Transformational Problem Solving: The Applied Science of Brain Growth, Happiness, and Self-Empowerment

presented by

Dan Short, PhD

“Give a man a fish and he is fed for a day, but teach him to fish and he is fed for a lifetime”.

This workshop is designed for those who want to do more for their clients than mere symptom removal and are instead ready to help people transform their lives. In this workshop you will learn how to use the latest science on happiness and brain growth as you teach clients how to trust and grow their own problem solving abilities. In the past, academic problem solving models placed most of the power in the hands of the professional and sought to use only conscious critical thought, the smallest portion of our problem solving resources. Now it is clear that the resources of the unconscious mind must not be ignored and that intuition, insight, and emotional reason play a fundamental role in the search for solutions. Even more importantly, the ability to successfully confront the challenges of living is the key to neurogenesis, personal empowerment, and the sense that life has meaning and purpose.

Transformation means less dependency on community resources. As stated by researchers who investigate therapy outcomes, clients who attribute their successes to newly acquired skill sets are less likely to relapse than those who attribute their success to the problem solving abilities of the therapist. With most training programs based on the traditional interventionist models, very few practitioners have been given the tools needed to help clients solve problems in a transformational manner.

ABSTRACT

Learn the essential mindsets, strategies and dialogue needed to help clients become independent and happy. In this model, each and every problem is viewed as an opportunity to discover new abilities and expanded choice. In addition to solving the presenting problem, clients are empowered for a lifetime of skillful problem solving.

TRUE/FALSE

1. Problem solving must be processed at conscious levels (False)
2. Happiness is increased when there are no problems to solve (False)

OBJECTIVES

1. Simplify complex problems using strategies linked to specific questions and suggestions

2. Reduce reliance on external services by equipping your client with self-sufficiency through the transmission of problem-solving knowledge

ABOUT DAN SHORT, Ph.D.

Dan Short, Ph.D. is internationally recognised for his work in Ericksonian hypnosis and short-term therapy. He devotes most of his time to a private practice in Scottsdale, AZ, while also writing and teaching to professional audiences around the globe. Dr. Short teaches hypnosis at the Southwest College of Naturopathic Medicine and has recently created an infield training program that provides free care for survivors of trauma in remote regions of Haiti. Short's own training is diverse, having graduated with a Master's in counselling from the University of North Texas, a doctoral degree in counselling psychology from the University of Massachusetts; followed by a two-year study of the archival items held by the Milton H. Erickson Foundation.

Dr. Short is the lead author of *Hope and Resiliency* (2005), which has been translated into Spanish, French, German, Italian, Japanese, and Russian. His most recent book, *Transformational Relationships* (2010), is a vital resource for therapists who want to know the essentials behind all forms of successful psychotherapy.

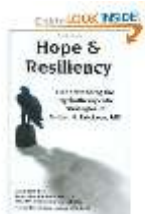


With all the focus on specific techniques and specialized treatment approaches in professional discourse and practice, Dr. Dan Short's book comes as a welcome relief. In clear, engaging, and clinically useful terms, Dan focuses on the most important and empirically supported ingredient in successful psychotherapy: the relationship. I not only enjoyed reading and learning from Dan's personal and clinical experience, but also came away changed. --Scott D. Miller, PhD

This book is not just another book on the power of the therapeutic alliance to create change. It offers a whole new way to view this key relationship. The clinical stories are fascinating and lay out how the attuned stance of a skilful therapist can open a brave new world for patients no matter what their issues and problems. --Sue Johnson, EdD

In an age dominated by artificial electronic connections, Dr. Dan Short highlights the importance of face-to-face connection. He provides numerous research-enhanced stories that clearly describe how relationships are at the core of health and healing. This

moving, wise and thoughtful book provides the necessary ingredients for transforming lives. --Jon Carlson, PsyD, EdD, ABPP



Biography

Dr. Dan Short is most well-known for his scholarly work in Ericksonian hypnosis and short-term therapy. He is the lead author of *Hope and Resiliency*, a book for professional care providers that has received world-wide attention. After revealing the core strategies underlying the problem solving strategies of a therapeutic genius, Short turned his attention to research on the most essential element for any successful therapy endeavor (i.e., the therapeutic relationship). His most recent book is *Transformational Relationships*. Dr. Short has served as faculty for conferences hosting therapists from around the world, he has supervised the training of doctoral interns and medical interns, and has published numerous professional papers. Dr. Short maintains a private practice in Scottsdale, Arizona where he continues to learn from those who seek his help.