

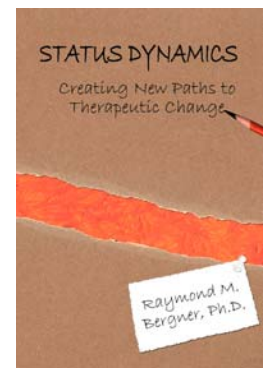


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Status Dynamics

Creating New Paths to Therapeutic Change
by Raymond M. Bergner, Ph.D.



Talk? Drugs? Or some combination? What *actually* causes therapeutic change? Research on talk therapies such as Cognitive Behavior Therapy (CBT) has made it clear that “talk” actually works – often better than drugs alone. But how? Why? And how can a therapist create new, more effective paths to therapeutic change?

Is it just “talk” – or is something more powerful going on? Can a therapist actually put clients in a position to change their life – and their world? Are we stuck with our self-concept, as conventional wisdom says, or can we actively create a new, more empowering one? And why, oh why, can’t Charlie Brown go over and talk to that red-haired girl?

Answers to these questions and more are found in a new book by Dr. Raymond M. Bergner, *Status Dynamics: Creating New Paths to Therapeutic Change*. Written by a therapist for therapists and their clients, *Status Dynamics* is “one of those rare books for therapists at all stages of development, from beginners to masters” according to Dr. William J. Doherty, Director of the Marriage and Family Therapy Program at the University of Minnesota.

To quote one reviewer: “Bergner is *not* saying to psychotherapists: ‘Start over! Forget what you’ve been doing!’ Instead, he clearly lays out some ways to make what we are already doing more effective. Bergner discusses how therapy works in specific detail, richly illustrated with case examples (with a classic Peanuts cartoon about Charlie Brown and the red-haired girl thrown in for good measure.) He devotes a chapter to policies for effective therapy, ranging from the obvious (‘Go first where you are welcome’, ‘Don’t expect the client to be somebody else’) to the strategic (‘Don’t buy victim acts’, ‘Deal with the reality basis of emotions.’) He talks at length about the use of ‘images’ in therapy (somewhat like parables), showing the power of such memorable images as ‘Poor No More’, ‘Bowling 300’, ‘Little White Balls’ and my favorite, ‘The Poopie Contest.’ Throughout the book, Bergner helps therapists see how to create, as he puts it, ‘places from which our clients can act effectively in their worlds to bring about personal change.’”

Raymond M. Bergner, Ph.D. is professor of psychology at Illinois State University, and a psychotherapist with over 30 years experience in private practice. He is the author of two previous books and numerous articles in journals including *Psychotherapy*, *American Journal of Psychotherapy*, and *The Journal of Sex and Marital Therapy*.

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