

The Five Types of Work in Redecision Therapy

1. Contracting
2. Decontamination, Deconfusion, and Restructuring
3. Impasse Clarification
4. Facilitating a Redecision
5. Implementing and Reinforcing the Redecision

The Seven Major Components of Redecision Therapy

(Adapted from John McNeel (1977). "The Seven Components of Redecision Therapy," in Graham Barnes, ed., *TA After Eric Berne*, New York: Harper College Press.)

I. Emphasis on Personal Power and Responsibility

A. Responsibility (We are not the victims of events and circumstances)

1. Inviting clients to use "I" rather than "it"
2. Inviting clients to use active rather than passive verbs, e.g., "I did "x" as opposed to "It happened to me."

B. Power (We have the power to change)

1. Confronting "You make me feel" or "It makes me feel"
2. Owning projections, e.g., Changing "This is really nice" to "I am really nice"
3. Using present tense to experience being an active participant rather than talk about
4. Speaking up to claim one's importance.
5. Asking "Will you?" rather than "Can you?"
6. Word confrontation/word change (changing "can't to "won't, "but to "and," and eliminating "try")

II. Fostering a Nurturing Environment

A. Stroking people for their strength and health

B. Being on the side of the Natural Child

1. Offering non-judgmental caring and indignation at injustices done to the client when he/she was a child
2. Not letting positive strokes be discounted
3. Using humor
4. Not laughing at self destructive behavior.
5. Interrupting self harassment.

III. Leader's Modeling Behavior

- A. Presenting oneself as aggressively healthy and excited about life
- B. Being fully present with all of one's ego states
- C. Maintaining a position of "okayness"
- D. Careful tracking
- E. Not allowing oneself to be discounted

IV. Separating Myth from Reality

- A. Separateness
 - 1. Exposing myth of umbilical cord still being attached
 - 2. Separate and self sufficient
- B. Long held beliefs
 - 1. Other people or things can make me feel
 - 2. Feeling bad is natural
- C. Magic of the racket
- D. Differentiating between a present impasse and an early scene
- E. Waiting for someone else to change, e.g., “I can’t change until you change” or “I can’t be happy until you are happy.”

V. Confrontation of Incongruity

- A. Verbal versus non-verbal behavior
- B. Checking out the meaning of general words like “secure”
- C. Hearing literally what is said
- D. Differentiating between feeling/thinking/behavior
- E. Confronting parent contracts

VI. Particular Techniques

- A. Game Analysis
- B. Two chair work
- C. Saying goodbye to the past
- D. Use of fantasy
- E. The parent interview
- F. Playful confrontations
- G. Confronting "You know"
- H. Use of hunches
 - I. Saying "Of course" to things that are natural and normal

VII. Procedural Rules

- A. No gossip rule
- B. Start and stop on time
- C. Maintain a safe environment
 - 1. No violence or threats of violence
 - 2. Sex only with your attending partner
 - 3. No drugs or alcohol
 - 4. Be present at all sessions
- 5. Contract for confidentiality
- 6. No emergencies
- 7. Cooperative Contract

The Redecision Therapy Process

1. What is the quality of the *Contact*?
2. What is the *Presenting Problem*?
3. What is the *Contract*?
4. Be aware of and probably confront the *First Con.*
5. What is the *Racket*?
6. What is the *Game*?
7. What is the *Early Scene*?
8. What are the *Drivers and Injunctions*?
9. What is the *Early Decision*?
10. Facilitate a *Redecision*.
11. *Anchor* the Redecision.
12. Make an *Adult Plan* to implement the Redecision.
13. Support and Stroke the *New Behavior*.
14. Build a new *Support System*.

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