



12th International Congress on Ericksonian Approaches to Psychotherapy. Transforming negative self-talk into a support ally /

Andreas, Steve,
teacher,
interviewer

Filmed interviews

Instructional films

Conference papers and proceedings

Material Proyectable

We all talk to ourselves internally, sometimes resourcefully, sometimes critically, sometimes with our own voice, sometimes with the voices of others. Changing the unconscious nonverbal process elements of a voice is usually much more effective and emotionally impactful than changing the words. Educational Objectives: 1. Identify unconscious nonverbal elements of a voice to alter its impact. 2. Enlarge the context of a voice in space and time to clarify and deepen its meaning

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Título: 12th International Congress on Ericksonian Approaches to Psychotherapy. Transforming negative self-talk into a support ally [with] Steve Andreas, MA

Editorial: Phoenix, Arizona Milton H. Erickson Foundation 2015

Descripción física: 1 online resource (60 minutes)

Duración: 005935

Variantes del título: Transforming negative self talk into a supporting ally Transforming negative self talk into a support ally

Mención de serie: Academic Video Online

Nota general: Title from resource description page (viewed July 20, 2017)

Lengua: In English

Materia: Self-talk Criticism, Personal Negativism

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