

Status Dynamics in Psychotherapy

I. Introduction

- A. Purpose of talk: to introduce Status Dynamics as providing powerful further paths to therapeutic change.

II. Status Dynamics: The Key Idea

- A. Status dynamics is centrally concerned with an individual's "*statuses*" as crucial determinants of the range of behaviors in which he or she is able to participate.
- B. Status = relational position.
- C. Status and behavior potential

III. Clinical Applications Of Status Dynamics

- A. Establishing Oneself as an Effective Status Assigner
 - 1. Credibility
- B. The Therapeutic Relationship: Therapist Assigns Following Statuses to Client on an A Priori Basis:
 - 1. Acceptable
 - 2. Sense-making (ineligible to make no sense)
 - 3. Someone whose best interests come first in relationship
 - 4. Significant
 - 5. Agent
 - 6. Entitled to the benefit of the doubt
 - 7. Possessor of strengths and resources
 - 8. Acting on a priori status assignments ("actions speak louder than words")
- C. Assigning Empirically-based Statuses
 - 1. Special case: self-status assignment

V. Conclusion

- A. Range of Application of Status Dynamic Approach
- B. Coordinating Status Dynamics with Other Approaches