



PEAK PERFORMANCE
267.322.0929

Joseph Dowling, M.S., LPC

Individual, Couple
& Family Counseling

Specializing in:

Transforming Anxiety

Habit Control

Brief, Solution Focused Therapy

Clinical and Medical Hypnotherapy

Sport and Performance Psychology

Corporate Training and Coaching

Sport and Performance Psychology
Workshops Designed for Individuals
and Teams

HOW TO BECOME SMART ENOUGH TO KNOW WHEN TO STOP THINKING

Powerfully calm, natural techniques
to transform anxiety, negative
thinking, and toxic worry
into lasting solutions

Joseph Dowling, M.S., LPC

Ninth Brief Therapy Conference

Brief Therapy: Lasting Solutions

December 9 – 13, 2010
Orlando, Florida

4554 Manayunk Avenue
Philadelphia, PA 19128

267-322-0929
u2jpd@msn.com



PEAK PERFORMANCE
267.322.0929

Joseph Dowling, M.S., LPC

Individual, Couple
& Family Counseling

Specializing in:

Transforming Anxiety

Habit Control

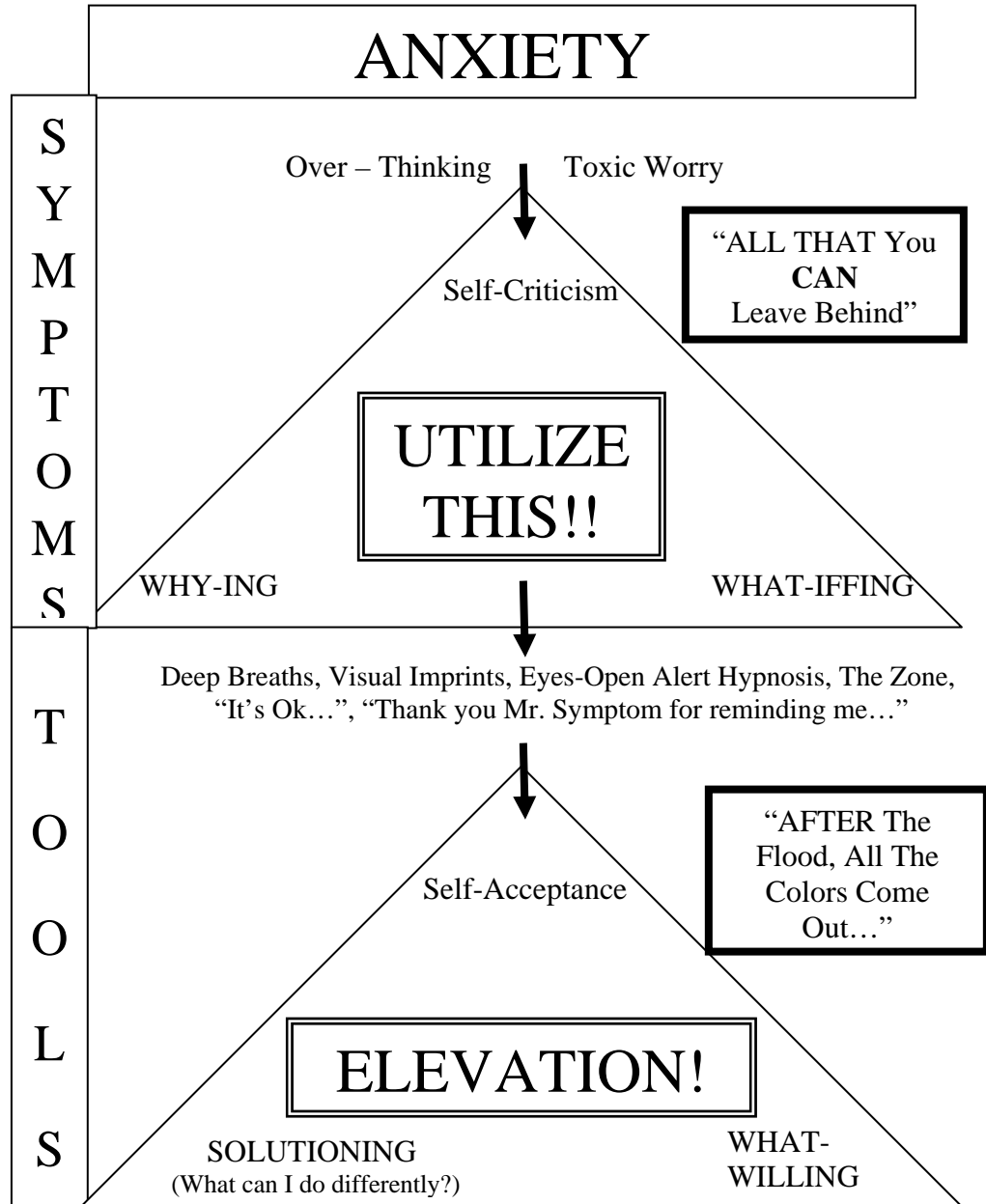
Brief, Solution Focused Therapy

Clinical and Medical Hypnotherapy

Sport and Performance Psychology

Corporate Training and Coaching

Sport and Performance Psychology
Workshops Designed for Individuals
and Teams



4554 Manayunk Avenue
Philadelphia, PA 19128

267-322-0929
u2jpd@msn.com



PEAK PERFORMANCE

267.322.0929

Joseph Dowling, M.S., LPC

How Do You Dismantle an Atomic What If?

THE ART OF WHAT-WILLING

1. Transport your client back and forth, in time and space, accessing her unique history of success and future memories of her best self.
2. What-Willing is the therapeutic polarity of What-IFFing.
3. A pragmatic, realistic approach to your world view.

Individual, Couple
& Family Counseling

Specializing in:

Transforming Anxiety

Habit Control

Brief, Solution Focused Therapy

Clinical and Medical Hypnotherapy

Sport and Performance Psychology

Corporate Training and Coaching

Sport and Performance Psychology
Workshops Designed for Individuals
and Teams

What-IFFing

- What IF I fail the test...
- What IF I lose the sale...
- What IF she leaves...

What IF a purple leopard
breaks in the house...

What-IFFing

- Equals eternal stuckness,
moment after moment
- Is the world's greatest
symptom phrase
- Keeps people in the
symptom cycle
- Is the executioner of energy
- reports to King Anxiety

What-Willing

What Will it be like when I
DO the best I can...Ace the
test...What Will it be like
when I allow things to
unfold,...When I TRUST
MYSELF...,When THAT
beautiful leopard brings gifts

It Will be great, AMAZING,
EDUCATIONAL,
GROWTHFUL...It will be
JUST RIGHT FOR ME.

“I’m wondering what you
WILL do with all of that new
found energy”

- Milton H. Erickson, M.D.

4554 Manayunk Avenue
Philadelphia, PA 19128

267-322-0929
u2jpd@msn.com



PEAK PERFORMANCE
267.322.0929

Joseph Dowling, M.S., LPC

THE CONSCIOUS MIND
(The Wizard of Oz and Clark Kent)
MEET
THE SUBCONSCIOUS MIND
(Your Next Best Self ➡ Superman)

Individual, Couple
& Family Counseling

Specializing in:

Transforming Anxiety

Habit Control

Brief, Solution Focused Therapy

Clinical and Medical Hypnotherapy

Sport and Performance Psychology

Corporate Training and Coaching

Sport and Performance Psychology
Workshops Designed for Individuals
and Teams

**Conscious/Thinking
Mind**

In this corner, the MIGHTY
RAINDROP

Stuckness=Waiting to know
what will happen before it
happens

“The conscious mind
doesn’t do much of anything
of much importance”
- *Milton H. Erickson, M.D.*

“Thinking is holding your
breath and clenching all of
your muscles.”
- *Stephen Gilligan, Ph.D.*

Think, think all night, may
all your dreams remain out
of sight

**Creative Unconscious
Mind**

...And in this corner the
PACIFIC OCEAN

Alive & Kicking =
comfortable curiosity, trusting
your trusting yourself to
succeed

The UNCONSCIOUS mind is
an endless museum of talents,
potentials, healing energies,
solutions, and streaming
videos of your BEST SELF

Letting go = The ULTIMATE
FORM OF CONTROL

“Sleep, sleep tonight, may all
your dreams be realized “
-*20th Century Irish Poet*

VS

4554 Manayunk Avenue
Philadelphia, PA 19128

267-322-0929
u2jpd@msn.com



PEAK PERFORMANCE
267.322.0929

Joseph Dowling, M.S., LPC

Individual, Couple
& Family Counseling

Specializing in:

Transforming Anxiety

Habit Control

Brief, Solution Focused Therapy

Clinical and Medical Hypnotherapy

Sport and Performance Psychology

Corporate Training and Coaching

Sport and Performance Psychology
Workshops Designed for Individuals
and Teams

LOVE and PEACE with yourself OR ELSE

SELF CRITICISM WILL RULE

Self criticism is relentless, yet can be remarkably subtle, a self doubt, a 'why', a "what-if" can be as powerful as an ALL-NIGHT round of bitter self loathing.

THE 3T'S OF DISSOLVING SELF CRITICISM

"...Dr. Erickson loved to flex his utilization muscles..."

*-Jeffrey K. Zeig, Ph.D.
Personal Communication, 2004*

1) Translate: Self Criticism is utilized as a positive trigger to speak a language of self support.

2) Transport: Self Criticism is utilized as a cue to transport yourself to a new dimension of time.

A 1-3 minute power trance can reconnect you with your personal history of success and future memories of your best self.

3) Transform: Pretend to play the part of your next best self.

4554 Manayunk Avenue
Philadelphia, PA 19128

267-322-0929
u2jpd@msn.com



PEAK PERFORMANCE
267.322.0929

Joseph Dowling, M.S., LPC

2 BRIEF THERAPY TECHNIQUES TO CREATE LASTING SOLUTIONS

*Whenever feeling stuck in a moment, a relationship, a career choice, in any type of dilemma...

Do the following:

Technique #1

A) Close your eyes and take 5 very slow, very deep breaths

B) Imagine yourself watching a movie with your favorite movie star playing the part of YOUR VERY BEST SELF.

C) Ask yourself, "What do I want the actor in the movie to do? See, feel, experience the lead actor really BEING YOUR VERY BEST SELF.

Technique #2

A) Imagine a loved one, a best friend or family member, and ask yourself, "How would I advise them, guide them? What would I say to really empower this person I care so much about?"

These Techniques Produce Lasting Solutions By:

- 1) Creating new perspectives, images, and experiences.
- 2) Stepping out of the problem in order to experience solution(s).
- 3) Stepping in to your next best self.

***IS IT REALLY ACTING IF IT FEELS SO RIGHT?**

Individual, Couple
& Family Counseling

Specializing in:

Transforming Anxiety

Habit Control

Brief, Solution Focused Therapy

Clinical and Medical Hypnotherapy

Sport and Performance Psychology

Corporate Training and Coaching

Sport and Performance Psychology
Workshops Designed for Individuals
and Teams

4554 Manayunk Avenue
Philadelphia, PA 19128

267-322-0929
u2jpd@msn.com