
Rich: Welcome everyone, my name is Rich Simon, editor of *Psychotherapy Networker* and I'd like to welcome you to this webcast on managing anxiety and surveying the range of ideas about the nature of anxiety and most importantly what practitioners can do about it in their consulting rooms.

We are very fortunate today to have as our guest an international presenter who has, for my money, one of the greatest accents in any of our webcasts series, Danie Beaulieu.

Danie: Bonjour, hi.

Rich: Bonjour back to you. Our subject here is anxiety, so the staple of therapeutic practice for many of us who haven't dealt with clients coming in because they have problems with anxiety, what's the framework that you work out, what's your basic notion of what's the nature of anxiety and what is your role as a therapeutic practitioner when clients come in complaining about their anxiety?

Danie: Well Rich, I was tired of looking at anxiety as a pathology. And most clients who arrive in our practice, typically they are kind of trying to convince us that anxiety is a bad thing and that we need to get rid of it and sometimes even finding their body like a threat really. And I wanted to find a way to look at anxiety as a help, as co-therapist, to help clients understand themselves better, feel better about their choices, their decisions, what they do with their lives, and I found it.

To me anxiety is definitely a great, great feedback from our body telling us, hey, hey you're lost somewhere. And it is so difficult nowadays to be lost simply because there are so many external stimulations. I mean, it's no wonder that nowadays there are more anxiety than ever in the history of humanity because at no other time of our history we had so many external stimulation.

To me anxiety is a way to - like something knocking within us and saying hey, hey, you're lost, you need to listen to your own rhythm, to your own essence and make sure you respect that if you want to have the life you want to have.

Rich: What are the hallmarks of the way you work and we'll be talking more about impact therapy and the way you ingeniously use all kinds of tools and props in your therapy. But you have a way of capturing, of using metaphor and concrete objects in the way you

work and the way you train. So, what are some of these metaphors that you use?

Danie: They are really dedicated to the different causes of anxiety. One of the main causes to me is what I call the GPS. That is, you know most people know what a GPS can do. That is you enter a destination and the GPS tells you where to go, where to turn and of course if you don't follow the right path, your GPS will say recalculating. I think often we hear the recalculating inside of us because we don't take the right path.

You want an example of how I can use a metaphor in this specific case. I have this man who was driving a truck, he was a truck driver. And for about a year he was out of work. He had pain in his back, but he also had some panic attacks while driving his huge truck. So he probably saw, I am not exaggerating, at least 10 different people on how come he had that pain and he had these panic attacks.

When I saw the gentleman I said you've seen so many people I'm not sure what else I can do for you, but one question I would certainly would like you to answer is do you like your job? He said I hate it. I said, why do you do it? That was clearly a response from the GPS saying I'm sorry, do something else. The whole body was yelling do something else.

And of course the gentleman started arguing and saying well listen, I didn't go to school, I didn't have the degrees and I have a family to feed, all the blah, blah. So what I did is I took a sheet of paper. Can we see it on the camera? I put on the sheet of paper solution. I wrote that on the sheet of paper, solution. And I gave it to the guy and I said could you please hold it in front of you? So he could see the page. I said you know, I think the solution you have it in your face. That is you hate it. Your whole body, everything within you is saying stop doing it. I don't think the title of your therapy is how to handle anxiety. I think the title of your therapy is how to have the courage to listen to the solution.

I really believe, Rich, that anxiety is the solution for many, many clients. You know I have this kid, he lived in a wonderful family and the parents were so supportive, great, great parents. Because when I saw the kid and he was having panic attacks in the middle of the night. Waking up at 2:00 in the morning, 3:00 in the morning having panic attacks. So you know, he was investigated by psychiatrists and therapists saying its some kind of

schizophrenia that starts around teenage. I don't like that kind of interpretation. I like to believe that anxiety is a friend.

I work, as you know, with eye movement integration. So in this case it was how I found out about the ideology. The problem was that he didn't want to become a dentist, but it seems like everybody in his family, including uncles and aunts, because they were very, very tied together. He didn't want to become a dentist, but he was fearful that if I say that to my parents I'm going to get rejected. It was so unconscious. He was waking up in the middle of the night with these inner, you know, feelings of anxiety.

In this case what I had to teach him, again, it was not find another answer. The anxiety was the answer. It was telling the kid, you are not a dentist, honor what you've received. So in this specific case the only thing I did with him was simply to give him some modeling and practice the modeling of how he could talk to his parents and tell the truth of how he didn't want to become a dentist. The parents, oh, is that all there is because all we want son for you to be happy. There are different ways to see anxiety as an answer and I think in this case here is another example where anxiety was a beautiful gift for this kid.

Rich: So take a step back, so you have another concept, let's put the GPS in the context of this notion you have about the anxiety circle, which is the particular way that you think about in the broader sense about anxiety and what it means when someone comes in. Talk to us a little bit about the anxiety circle and then we'll come back in a moment.

Danie: Okay. In the anxiety circle what I've put are different circles of different ideologies. To the best of my knowledge, if we do intervene in any one of these circles, we are going to stop the anxiety circle.

Imagine an electrical wire with a lamp at the other end. Whatever you cut the damn wire, the lamp is not going to light up, right? So same thing here in this circle, wherever you stop the anxiety it's going to work. What I like about this is that if you have more specialties or if you feel better intervening with the thinking, the thoughts, of course with the behavioral connective approach many therapists are very competent with that. It will work, of course it will.

If you want to work with the situation, like the person cannot approach bridges and feel tremendously anxious. We can work with the situation, with desensitization. To me there's not necessarily one specific place where anxiety starts for every client, it starts at different places.

What I think I have added in that circle, let's say we begin with the GPS. That is again this beautiful answer from our bodies saying you're not respecting the road you are supposed to follow. From there you have a specific situation like this guy is giving you, driving a truck. The client of course is not feeling good driving the truck, has some thoughts about it. I have to drive the truck, that's the only way I can feed my family. From there you will have the alarm response saying okay, there's a problem here. You will have all of these manifestations in your body because you feel there is a danger, so there's the flight or fight answers, and a very powerful imprint in your limbic system changing the master program, which means from then on the client will have a hard time getting in the truck.

If you have a panic attack in the truck, the situation becomes this panic attack in the truck. The thought I can no longer drive a truck and from there you have the alarm system. You have all these manifestations and in your limbic system and from there it's going to be more and more difficult. Anywhere you choose to intervene in there; my idea is we will stop the circle.

Rich: Okay. So sometimes do you ever work at that more behavioral level, certain thoughts that people have, the cognitive, the rational thought, trying to get people to calm down their physiology. Is that a mode of anxiety that you find useful some of the time?

Danie: I certainly do Rich. I certainly do because I don't think we can avoid it. In the case where I have given you the example of this little boy not wanting to become a dentist, we practiced for one session, I played the parents, both of them and I just coached him like a good coach of how he could tell his whole truth to his parents. You should have seen him when he walked out of my office. He was 15, but he felt so tall and so handsome and so ready to go tell his truths.

One of the tools I used with him, I took again a sheet of paper just because they are everywhere. I gave the sheet of paper to my client and I said, could you please remove the wood out of it? As you know, paper is made out of wood, right? So I gave him the

sheet of paper and of course he was unable to remove the wood. The link that I do with anxiety is that to me the wood is the essence of the sheet. Without the wood you get some kind of paste.

We do have, as an individual, we all have our wood, we have our essence. And in his case he was trying to get the wood out of his life, which is his own idiosyncrasy. He was trying to get away of who he was to try to fit with his parent's expectation. For him it was very powerful to know that if you try to get your own essence away from you to please other people, you're going to turn into some kind of paste. You will no longer be who you are and you're not going to have your own identity.

The good news in this case is to make sure every time you see a piece of paper you remember this. This lesson will sort of comeback many times, and to me this is a powerful one because it really, it really taps into the it's main ideology of what I've seen in most of my clients, not respecting their essence, trying to be someone who they are not.

Rich: Their direction in life. So someone has come in a state of confusion that people often have. They are feeling anxious about who knows what. They come into your office, how do you then determine what's the focus then? If the complaint is anxiety, early on in the first couple of sessions, what's going on that helps you determine the road and how the relevance of the GPS to their particular life circumstance?

Danie: I have a strong propensity to look at the six or seven different points on their GPS. Why don't we look at them together? Usually my clients will fit most of them in one of those. The first one would be some repressed needs. I have given two examples of that. The truck driver, he is not respecting his own needs or the fears that he cannot even start to think about.

Another example, which is by the way is highly underestimated I believe, is the state of vulnerability. Let me give you an example. On a scale of zero to ten let's say ten is you have high energy and zero being whoa, not feeling good at all. I have noticed and I was able to confirm in some of the readings I have done, that many people will have their first panic attacks when they are between zero and two. Their whole body is saying what are you doing trying to make this kind of flight overseas for instance, because it takes a lot of energy to do that. If you do not have enough energy your body knows it, your GPS knows it and it will send a signal,

often anxiety or a panic attack, telling you it's not a good idea to do it.

Let me give you a concrete example that comes to mind with that. A colleague of mine is married to a diplomat, she lives in Ottawa but she was studying in Montreal. She was commuting a couple of hour's morning and evenings like three, four times a week. One night he says listen, we have a delegation here, people coming from a specific place on earth and it's important that you're there to support me. She is dead tired, she is having some exams in school because she's taking some classes in Montreal and she is really dead tired and she decides to go. She said Danie, when I got there, with all the people in the room, then she realized how much energy that would take her to deal with these conversations. She said my heart started beating, I started shaking and all I had in my head was get out of there, get out of there.

Believe it or not, she interpreted the situation in saying you can no longer be with your partner on these kind of events. It was not the point; it was just a beautiful gift from her GPS saying I am sorry that you don't know yourself good enough to realize that you absolutely don't have the energy to do that tonight.

I think nowadays with the kind of schedules that mothers have, that fathers have, that families have, they do often have an answer from the GPS saying I am sorry, you are in a vulnerable state, it's time to stop. People are trying to cope with everything at once and they can't. This is a second, very powerful answer from the GPS.

Rich: So this idea that often people get into the panic experience or some kind of anxiety attack, you have to run the clock back and there is a very sensible, accurate reading of their own state of depletion pushing beyond that and then people begin to experience these things that become psychological symptoms. They become panic attacks, they become anxiety attacks.

Danie: It is so powerful. The more you wait to hear the answer of your GPS, the more you wait, the stronger the anxiety will speak to the point where it becomes a very full blown panic attack. From there, there will be these imprints or anchors in your limbic system and changing your master program saying you can no longer do that.

Rich: Anxiety circle comes in that once you've had one of these overwhelming experiences of anxiety or terror then it is something set within your physiology that can easily -

Danie: Yes. I have a friend of mine, sorry I was calling you Ed, it's because I was thinking of this example with Ed. He was dead tired in an airport and he was so dead tired with the jet lag and how many flights and the flights were late. He said Danie, my heart started beating, I started feeling weak. He said to himself Ed, don't panic, you're having a panic attack. I said I wish everyone could be able to say that, to understand that this is a state of vulnerability and your anxiety is only a service to you to tell you I am sorry, I do not have the energy to support you in that last flight to get home. That would be wonderful if everyone could be able to do that.

Rich: All right, so you're taking us through these things that you're looking for. We have this question of repressed need, of not listening to vulnerability.

Danie: There is a third one, a very popular one as well, which is the lack of competence, the lack of competencies. Oh, have you watched *Crocodile Dundee*?

Rich: Sure.

Danie: Do you remember this beautiful, blonde journalist going to the outback of Australia and of course with Crocodile Dundee the best guide around to support her. Eventually she is there, very nicely putting some water in her face by a lake and here comes a crocodile and bites her camera and tries to pull her into the lake. She started yelling and yelling and of course she is very anxious because she doesn't have the competencies. And here comes Crocodile Dundee stepping on the crocodile with a knife and he is not feeling anxious a bit because he has the competencies.

I think if you look at children, how to talk to their parents, how to talk to some friends, to significant people. Sometimes they will experience a lot of anxiety because they do not have the skills. They do not have the abilities. If I suspect this is the problem, and it's often the case in children, it really helps tremendously anxiety. If this is the problem, I am starting to work with them as a coach just to teach them some skills to face whatever situations they need to face.

I had this gentleman, he was single, 45, a very funny guy but he could not talk to women. I mean he was anxious every time he had to talk to women. He had his history of mother; of course mother

is in there. But just to coach him on how he could talk to that lady at the bank because he really liked that lady at the bank. That was it for him.

It is different from pure desensitization when you get closer and closer and closer to the situation here. The problem was really to teach new skills and practice them with the client. I see this is, again, another very powerful or frequent ideology of anxiety.

If you think about students in school and they have an exam, but they did not study, what do you think the GPS will say? Hey, what are you going to do when you're going to have to answer the questions? Again teaching them to see anxiety as a powerful friend, just preventing a disastrous situation if you do not study. Again it was the answer so that would be number three.

Rich: And also some people are competent in some situations. Crocodile Dundee, for example, finds out he owes the Australian government about \$100 million dollars' worth of back taxes. He is great with crocodiles, not when paying his taxes. An item in *People* magazine recently. I am just cuing in our audience in the latest in celebrity gossip.

With that said, moving on, you keep expanding the context. People are expressing their anxiety and you are going for what is this anxiety telling you?

Danie: I found with the GPS again, a fourth very powerful source of anxiety, especially in teenagers. It's guilt. When you've done something that you know you should not have done, you start feeling bad and your anxiety is saying hey, go apologize. This is, again, a gift.

When I see teenagers, because you know I don't want to get into the teenager stuff because my last book was for teenagers but it is only in French. It is clear that teenagers are going to do all kind of foolish things. I suspect that when you were a teenager you probably did a lot of those. Just looking at you now and how wild you can be in your symposium, I suspect you probably had something done.

I think to let it out, to allow the client to let it out. I have this very; very great impact technique with a garbage bag, and ideally it has to smell very strong. You close it, but it still smells, right? So you ask the teenager, have you noticed that even if the bag is shut, it

still smells? It reminds me of you. Not you Rich, not you of course. It reminds me of you in terms of having something inside. Even if you don't say anything about it, even if it is something you regret, if it is something you are feeling shameful or you're feeling guilty of, it smells.

I am sure that when you are with your friends or with your parents or are at school it does smell. I had not so long ago a gentleman, he was in his 40s and he sort of, he has been a teenager all his life and now he decided to get serious. He got married and now his wife is pregnant. The problem is he never told her that he had a criminal record. And now that he is going to become a father, he feels a lot of anxiety. He goes to bed and he is very anxious and he wakes up during the night and he's anxious because of his inner garbage bag.

I told him the story that it's going to keep smelling - well I asked him, do you think by leaving the bag shut, and it helps if you do have the smelly bag next to you in your office, it really helps.

Rich: I like how you keep reminding us of that, I'm with you.

Danie: So you ask your client, do you think over time it will smell better or worse. I mean everybody has the answer to that even if you are working with a five-year-old. Instead of you trying to shame your client and saying come on, spill out that thing, in this case here they are telling you I have something that smells inside and I know for a garbage bag when it smells over time it only smells worse. I understand that you should not open it up with everyone because God, it is going to smell terrible. I have the surgery for not smelling so I am probably the right person, the best person you can talk to about this. If it does not work during that specific session usually they think about it and when they come back they are really ready to open the garbage bag and let out whatever guilt or shame they may have.

A small funny story about that. I had my son who is now 19, but then he was 15 or something. We were working together during the summer. He was with me when I was teaching; he was selling my books and stuff. We were in the hotel room sleeping. I thought he was sound asleep, it was totally dark, you have to picture the room. It was totally dark and I hear, Mom? Yes? You know the gold chain you had with a heart? Yes. I gave it to my girlfriend when I was in 5th grade. I was totally in the dark and then he comes with that story. I said son. He said, I apologize

mom; I am going to pay you back. I said son, I am really grateful you were honest enough to tell me the truth about this, but I do not remember having had any kind of gold chain with a heart so for this time I forgive you, but make sure that next time you get something from my stuff that you ask me before. He said I promise.

I thought about it and knowing his genes I said, is there anything else that you probably have in your garbage bag? He said once I took \$20 from you. \$20, where did you get \$20 from? And he told me a couple of things that he had in his garbage bag. Can you imagine that all these years it was between me and him and every time I was offering him a gift, he was feeling cheap because he knew he had stolen something from me? It was experienced in terms of anxiety for him. I am saying helping clients to get rid of their guilt and shame is often the best thing we can do to heal anxiety. To me this is definitely something I am looking for and especially in children and adolescents.

Rich: Okay great. Let's keep with our shopping list here. In your head, when someone is coming into your office and particularly when they have anxiety symptoms you are listening in these different ways.

Danie: Yes. I put it in the GPS but I also have another, like people will see on their handouts, there is also another circle that is specifically dedicated to thinking. The reason why I am putting some of it into the GPS circle, it's because there is a choice of deciding which attitude we take in relationship with whatever events that happen to us. Sometimes the GPS is saying I don't think you're taking the right path here. I will present to my clients different ways. One of the techniques that I like, can you see that?

Rich: Is that from the 19th Century? My god, is that what I think it is? The Model T Ford is parked right outside your hotel, eh?

Danie: Rich, precisely, when people look at that they go, what is this? Especially for teenagers and younger children, it's associated with something that is very old, something you no longer use. Don't you think this is a great device to a great metaphor to represent how sometimes you have these old patterns that you still use in your head?

If we get back to this Crocodile Dundee stuff. We look at this beautiful journalist when she is back in New York. Do you think

when she is going to go for a walk in Central Park that she is going to stop by the little lake and spread some water in her face? Chances are since she was so heavily traumatized in the outback, even though she knows there are no crocodiles in Central Park she may start thinking, oh in case, oh I shouldn't. That would be a great device to say this is a very old tape. Some people are carrying it for years, for ten years, 20 years and even more. This is great to have this kind of device and say leave it in my office. You don't need to take it back at home if you no longer need this.

Rich: As you were going down your list, we had these four different contexts, four different ways of understanding. The cassette, is that a mode of thinking about all of them, is that more in the technique category is one of these five -

Danie: No. In a way I was telling you that I put the thinking that we choose to think, depending on the different events that we see. I put part of it in the GPS because again the client has the choice to pick one attitude over the other, one thinking over the other. The GPS is saying hey, you're not taking the right attitude.

I am trying to make sure the client has the power over his anxiety. If you put it in the GPS it becomes like a service, a big help to help you understand what is going on inside of you. Yes, I put it in as a fifth category of the GPS.

Rich: What's the label for it? Is this sort of outdated beliefs, is it attitudes that don't serve you any further in the present that don't root it in the past? How do you language it?

Danie: I like your titles better than mine. Both of them I agree but it would be something around that. There is another one, let's say we put it as a 6th category, food.

Rich: Food? That's interesting.

Danie: Food. This is the most direct link to your mood. Let me give you a convincing example. If you eat some food that is toxic to you or not good for you your GPS will say get it out of your system.

Let me give you an example, I had this teenager coming for anxiety. His heart was beating and he could not concentrate and he was not able to sleep and stuff. I had the idea to ask him if he was drinking coffee. Well, believe it or not with his friends he was

going to this garage station where you can buy French Vanilla. It's like a nice, hot chocolate, but its coffee.

Rich: Coffee but it's -

Danie: He was drinking these big two, three French Vanilla. That was the problem Rich. We could have done a big, major therapy for years. But he stopped drinking the French Vanilla and that really stopped his problem. It was not really anxiety; it was just a response from his body that is very similar to anxiety. It's easy to call it anxiety because it is the same symptoms, the heart is beating and my head is spinning, I can't sleep, I can't breathe, but it was really coffee. So this is one of the things. The other thing, number seven now, hormones. Do you know anything about that?

Rich: I've heard rumors about hormones, okay.

Danie: Hormones, Rich, should be thoroughly investigated because, again, you can try to find a problem in your mother, in your job, in your spouse, in your life, you can change everything and you will still have the same problem because your problem is hormones.

In order to pinpoint that hormones is the problem, is the etiology, I have my clients, women of course and teenagers more and more, I have them observe themselves when do you experience anxiety? And if it is something from a hormonal issue, it will be at specific time during the month.

This cover that this is what happened, I am going to refer them to their gynecologist, stop seeing a psychologist, you're problem is a gynecologist's. This is really something. I do not have any percentage to offer, like this is 50 percent or 30 percent, but I suspect it is a high percentage of anxiety on women and teenagers.

Rich: What you're saying about food I guess would extend to lifestyle, people aren't sleeping, they're not getting enough exercise, their physiology is out of balance. So within that category of what you're saying is food there is kind of a broader character of lifestyle and perhaps general wellbeing related to coming in and giving it a psychological reading. This must have something to do with some psychological issue and what you're saying is perhaps not.

Danie: Perhaps not. And I have a last one under GPS. The last one is more difficult Rich. It is associated to the fact that we have - life is

too fast. The GPS is saying hello, I am sorry; you're not respecting my rhythm. You remember this wonderful **Jim Gordon** that you invited as a key note. I still use his knowledge when he says you should imitate the waves, you should imitate the heart.

Once convincing example that I do for these people, I have them hold their bones here and I say breathe in and don't breathe out. Breathe in again and done breathe out. Eventually they can no longer breathe. What I am saying is if you work and work and work and have no time to rest, the power of full engagement is associated to the power of full disengagement. The more you are able to disengage, the better you will be at fully engage, right.

I think it is a very, very powerful lesson and nowadays we're imitating what Japanese call the Karoshi, do you know what the Karoshi is? It's something that exists only in Japan. You work and work and work and poof, you die.

Rich: Where they just die, yeah.

Danie: That was the second cause of death in Japan. You just don't stop working, so you die. I think we are getting more and more into that, especially American, you are at a higher risk. I am trying to do some teaching here to them to let them know that you cannot be a superwoman, you cannot be a superman.

I had this lady calling me and it was exactly the kind of situation for her. She has three boys. The oldest is five, yes. And she is a psychologist.

Rich: Busy lady.

Danie: Yes, and she wanted to get back to work. For five years she really stopped her career because she was pregnant, raised kids. She wanted to go back to work, so she went back to the community center where she was working. She started having a private practice in the evening, doing her report over the weekend. She called me and she said Danie, Sunday nights are so difficult for me because I start feeling anxious and I don't sleep and I'm tight. I said, it's good news. You are trying with your head to say I should go to work, I should have a career, everybody do it. I am telling you that your body is telling you I'm sorry, I can't do it. And the anxiety is your GPS giving you a great notice. Sorry, but your rhythm of life is not respecting where you are in your life.

Another convincing metaphor is I have one of these wonderful songs. I try to adapt the songs to the client I have in front of me.

Rich: Musical interventions, I hadn't heard of these.

Danie: Yes, right. When they start listening to the song and the song is starting to play at the right rhythm and right beat and it's great and enjoyable. Eventually I start accelerating with my computer. And it becomes - you don't want to listen to it anymore, and I am saying is it possible that your own tune, your own song is getting on everybody's nerves as well just because you're not respecting your own rhythm?

If you do respect your rhythm it's wonderful because you feel at peace with yourself with the world, you can really give the best of yourself. If you try to turn on the speed, you are getting on everyone's nerve and it's no longer fun, I am telling you that.

Rich: This is great. Then as a therapist who is trying to just grasp and listen closely to what clients are telling you, what appears like anxiety has very different roots. Sometimes it is very immediate. It is very much in people's diet, their lifestyle, their pace. Perhaps it is in their hormones and often it is more existential, their sense of direction, their mission in life, so you're trying to listen to all these things.

Let's shift a little bit, we have about 15 minutes left here. So given this, a big part clearly of what you do and what you offer your clients is that kind of listening and your ability to help them refocus and grasp their life in different ways. As you think of what it is that you do that has impact, and you are of course a master of impact therapy. Are there certain interventions in addition to the very powerful reframing that you've been describing here. You already told us about our very memorable garbage bag that none of us will soon forget. Are there any interventions that in your practice or training you find especially helpful for any of these varieties of anxiety?

Danie: Oh plenty. Plenty, plenty, plenty, plenty, plenty. Let me offer a few of those that of course depending on the cause will vary from one client to the other. One, I want to make sure I give to the people listening to this is this - whoa, whoa. An old telephone, do you see that? An old telephone. I don't know how is the situation for you, but for me and for most people here, we receive a lot of

telemarketing calls, trying to sell you all kind of stuff, do you get those? And it's difficult to filter.

Rich: That is what keeps the phone business alive, yes.

Danie: We cannot always filter these calls. Most of people don't want to listen to these telemarketers. But you cannot filter the calls except that you can decide how much time you want to spend on the phone with them. I like to use that because most people had the experience. It is associated to some kind of frustration, how do you dare take some of my precious time? So they do have that experience inside of them.

Therefore I am telling them, there is someone else taking your precious time. When I explain my cycle of anxiety I said there is one other circle where you get this imprint that definitely changed your master programs and you can no longer get into the car because you had a car accident. Maybe if there is the more involved program inside of you and you're saying it's not because I am going into the car I am going to have an accident again. Or this lady from Crocodile Dundee, it is not because I had this problem in the outback of Australia I am going to have it in Central Park. She knows it but she gets the call, be careful, there may be a crocodile in Central Park.

Once you identify the origin, it comes from the limbic system, thank you very much. The limbic system wants to ensure your survival. Thank you, I am not going to die in Central Park, there are no crocodile here so good bye, and hang up the damn conversation. The problem is most people keep listening. Yeah, well you're right, maybe there is. Well are you sure there is? Are you sure? They keep having a conversation with their limbic system. Hang up the phone. Just teaching the people where the call comes from and telling them you have the right to hang up the conversation with that, and kids love it.

It's like - there's Dr. Shansky that I like very much, she was comparing the -

Rich: Is that a media psychologist? Who is Dr. Chansky?

Danie: She's a psychologist working with children. She wrote a couple of wonderful children's books. Tamar Chansky is her first name. She compares these thoughts to junk mail. If you start opening the

junk, you will probably receive more and more, so don't open up, put it directly into the garbage.

For teenagers and kids it's a great metaphor to just understand whatever comes from previous fear or from this old tape. Just throw it in the garbage, you don't need to open up all this junk mail.

Rich: It's not some magical communication from some deep form of wisdom, it is just a robocall, okay. Keep going. These are great tools, other kinds of tools you use?

Danie: Yes, but I just had another thought Rich. Something I forgot to mention, and I think it is very important to mention. I believe that everybody who has problems with anxiety has eventually lied a lot. I think this has to be addressed by the therapist.

Let me give you an example, this would be related to their first point on their GPS, that is repressed fear. Let me give you an example. This lady is going out with this wonderful, new man. And she has the worst fear of water. Now, there he is creative, deciding to invite her on a boat for a wonderful, romantic dinner. She doesn't want to say that she is anxious around water so she tries to hide that and therefore she starts inventing, lying, creating all kinds of justification not to go. Eventually the more you go with that, the deeper you are having in the mirror a picture of yourself as a huge, big liar.

It can be such a relief when the therapist just mentions that typically someone who has problem also with drug and alcohol, and also with anxiety. I don't think it is so well known just to mention typically there is a lot of lies around anxiety. Mention that to the client so that they feel, okay I can open the garbage bag and say I have been a big liar all this time. It's a relief. It cleans up the bag and stops smelling around these people. So I wanted to make sure -

Rich: And the lying specifically is trying to disguise the anxiety itself. So it's tangled. You get tangled up in your own cycle of having the anxiety and then being more anxious because you're misrepresenting yourself in various ways.

Danie: I know you want some more techniques because we close this webinar.

Rich: That's fine, yes.

Danie: I like this. This is a bag with some pieces of puzzle, right? Have you seen it? You call it puzzle?

Rich: A jigsaw puzzle, okay. Yes I can see it.

Danie: I like to show that to my clients to say when we are born, we are born with a bag like this and all the pieces are, how can I say, personality traits or temperament. Something that is with you, you are born with it and you are going to die with it, hopefully it's a good news. The box is not included. It means you don't know what kind of - you just get the pieces one by one and say I wonder what kind of picture we are going to have at the end. Therefore, until you know most of your pieces, you try to be someone you are not.

Let me give you an example again. I had this teenager, he had to play soccer with his friends. I am going to watch them play so now I am going to play with them. The problem is he doesn't have the piece of soccer in his bag, it was not included in his bag. He has nothing to do with sports, he is terrible with sports. He is a violinist, for Christ's sake, what is he doing playing soccer? Of course he is terrible.

Now he is anxious because there is a game tonight, am I going to play, am I going to be good? Whenever you try to be someone else than who you are you feel anxious again because your GPS is saying hello, go get your violin and get out of here.

This is a great example. I like to tell my clients maybe you are trying to put in the bag a piece that is not there or you are looking for a piece that is not there. Many parents are asking their kids to find the sport piece in the bag or find the musician piece in the bag because otherwise you won't be accepted in this family. I am sorry, he doesn't have it and he thinks he should have it to please his parents, the world, his friends or his schoolteacher, he is going to start experiencing anxiety.

For me again it is a friend. The metaphor I am creating is to illustrate how anxiety is not a threat, a traitor, how do you say that? It is a friend. It is telling you please, be you. It is plenty, it is good enough and you don't have to be anybody else to please anybody else. This is another great metaphor.

Rich: Let me ask you, if you have - maybe one more of these. As I hear this and if I was watching you in your office with all your wonderful props and your very lovely animated style, sometimes you are coaching folks. Sometimes you are more in what we think of as a traditionally therapeutic role as you're moving into their childhood history perhaps and finding some need or some issue coming through in childhood and tracing it back and seeing how it is popping up.

As you put your role together and you stand back and see yourself, how would you describe your style? How you integrate together what sounds like you have quite an impressively wide range of styles and ways that you approach these issues in your office?

Danie: Well it all comes to my understanding of how human being evolve, change, learn, grow. It has to go through the different multisensory modalities. They've got to take the information by the eyes, by their body, by not only their ears. Therefore is you would be in my office, not only me but my clients, they move around because I want the body to talk. The body has a big warehouse of information that the words have no clue about. The body doesn't know how to lie and it doesn't talk with words.

Same thing for the visual. Like, I don't know if you can see that. Let me show you something. You see this, you see this, you see these two. So we have different holes, right, different openings. So I can ask people we are now at the end of our show, right? The end of our webinar?

Rich: We have a few minutes so this looks like a great finale.

Danie: These represent the different openings of your mind related to the tools I have to offer. For instance, some clients have this one. They are not listening, they don't want to know anything. Some people have this one, they're thinking about everything. Some people have this one, there is not much going inside of them. I think if you go with the verbal, just the verbal -

[Audio Ends Abruptly]

Duration: 62 minutes

