

# **Experiential Therapy Approaches to Reveal Dynamics and Resolve Anger, Grief, and Relationship Issues**

**How we remember things**

**How we learn things**

**Words are unreliable**

## **Picturing Relationships**

**Mapping**

**Emotional Space**

**Kinetic Family Drawings**

**Dollhouse figures**

**Extra therapy chairs**

**Getting out of chairs**

**Family Sculpting Assessments**

**Typical Evening at Home**

**Visual Historical Assessment**

**Family Sculpting Elements**

**Living and Deceased Members**

**Interfering Habits, Distractions, Beliefs, Others**

**Therapist Position**

**Helping the Invisible become Visible**

**Strength of Relations**

**Strong Emotions**

**Distractions**

**Strong Influences**

**Conditions / Labels**

**Addictions**

**Impacting Events**

**Emotional Ages**

**Family exercise**

**Metaphoric Imagery for Couples**

**The “Family Zoo” exercise**

**Metaphoric Family Worlds**

**Role Discovery through Playful Exercises**

## **ANGER**

- Loud Expressions**
- Quiet Expressions**
- Physical Release**
- Inward Release / Self-Abuse**

## **ANGER Experiential Therapy**

- Loud Expressions**
- Quiet Expressions**
- Physical Release**
- Inward Release / Enrich Self**

## **GRIEF**

- Experiential Techniques**
  - Personal Contact Letters / Mail to Heaven**
  - Guided Imagery Contact / Get Closure**
  - Empty Chair Conversation**
  - Fantasy Funeral**
  - Afterlife Drawings**
  - Complicated Grief – Emotional Release Letters**

## **The Empty Chair (various uses)**

- Venting**
- Unfinished Business**
- Good-Byes**
- Rehearsal**
- Differentiation**
- Emotional Impact**
- Unwanted Intruders**
- Absent Members**

## **Positions of Therapists while doing therapy**