



Joseph Dowling, M.S., LPC
www.joepdowling.com

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

The Eleventh Brief Therapy Conference
The New Brief Therapy
Treating Anxiety, Depression & Trauma
Anaheim, California

December 11-14, 2014

4554 Manayunk Avenue
Philadelphia, PA 19128
267-322-0929
joe@joepdowling.com



Joseph Dowling, M.S., LPC

www.joepdowling.com

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

S
Y
M
P
T
O
M
S

T
O
O
L
S

ANXIETY

Over - Thinking

Toxic Worry

Self-Criticism

“All That You
CAN
Leave Behind”

**UTILIZE
THIS!!**

WHY-ING

WHAT-IFFING

Deep Breaths, Visual Imprints, Eyes-Open Alert Hypnosis, The Zone,
“It’s Ok...”, “Thank you Mr. Symptom for reminding me...”

Self-Acceptance

“After The
Flood, All The
Colors Come
Out...”

ELEVATION!

SOLUTIONING
(What can I do differently?)

WHAT-
WILLING

4554 Manayunk Avenue
Philadelphia, PA 19128
267-322-0929
joe@joepdowling.com



Joseph Dowling, M.S., LPC

www.joepdowling.com

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-IFing.
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-IFing

- 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-IFing

- 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

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...

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
joe@joepdowling.com



Joseph Dowling, M.S., LPC
www.joepdowling.com

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 very best self.

4554 Manayunk Avenue
Philadelphia, PA 19128
267-322-0929
joe@joepdowling.com



Joseph Dowling, M.S., LPC
www.joepdowling.com

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

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

- I A) Imagine a loved one, a best friend or family member, and ask yourself, "How would I advise them and 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 best self.

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

4554 Manayunk Avenue
Philadelphia, PA 19128
267-322-0929
joe@oejpdowling.com