"Do you want to know how to entrain brain plasticity to empower psychotherapy? Kershaw and Wade provide therapists of all persuasions, and all levels of experience, a comprehensive, easy-to-apply program based in state-of-the-art, affective neuroscience. Brain Change Therapy will help clients heal troubled minds. Required reading for 21st-century practice."

—JEFFREY K. ZEIG, PhD, The Milton H. Erickson Foundation

“This is a seminal work of great importance that merges advanced psychotherapy with current neurophysiological research. There are treasures to be found in every chapter, and this comprehensive reference work will be found on progressive clinicians’ bookshelves for years to come.”

—STEPHEN LANKTON, LCSW, DAHB, Editor-in-Chief, American Journal of Clinical Hypnosis, and author of Tools of Intention, The Answer Within, and Tales of Enchantment

“Kershaw and Wade offer a robust vision of the therapeutic alliance, where the emotional powers of the mind — with deep understanding and sympathy — are the central focus of attention. Here, they develop new and systematic ways to deal with emotional problems at diverse psychotherapeutic levels that need to be addressed. Since therapeutic change is the transition from feelings of insufficiency to wholeness, progress is best achieved when the therapist becomes a living example of a helping mind at peace. They discuss ways to facilitate that journey by all means possible, from fully recognizing the emotional powers of the body, to the many emerging brain technologies, aside from medications, that can help open our minds to change.”

—JAAK PANKSEPP, PhD, Bailey Endowed Chair of Animal Well Being Science, Washington State University, and author of Affective Neuroscience: The Foundations of Human and Animal Emotions

“Milton Erickson was one of the first psychiatrists to believe in and use brain plasticity, the discovery that people can change their brains and neurology at any age. Brain Change Therapy, by long-time Ericksonian-based practitioners Kershaw and Wade, draws on the resource-based approach in the Ericksonian tradition, as well as modern brain science and neurology, to give the rest of us ways to apply this insight in service of change.”

—BILL O’HANLON, author of Do One Thing Different and Change 101
“BRAIN CHANGE THERAPY is a beautiful expression of a theoretical perspective: change can be stimulated by attending to the brain / body / consciousness interface. This work, supported by current scientific viewpoints, offers a platform for understanding ways in which clinical conditions are developed, maintained or changed. With clarity and style, Kershaw and Wade delineate creative paths for practical therapeutic applications.”

— ROXANNA ERICKSON KLEIN RN, PhD,
The Milton H. Erickson Foundation

When conditions like anxiety and depression are experienced chronically, they condition neural pathways and shape a person’s perception of and response to life events. As these pathways are reinforced, unhealthy neural networks turn on with increasing ease in the presence of conscious and unconscious triggers. In this groundbreaking book, Kershaw and Wade present Brain Change Therapy (BCT), a therapeutic approach in which clients learn to manage their emotions and behaviors, and thus reduce stress and control emotional reactivity.

Drawing from the latest neuroscientific research as well as integrative principles from hypnosis, biofeedback, meditation, and cognitive therapy, BCT helps clients reach stable neurological and emotional states and thus shift perspectives, attitudes, beliefs, and personal narratives toward the positive. BCT starts with the working assumption that effective therapeutic change must inevitably include a repatterning of neural pathways, and employs “self-directed neuroplasticity” through the active practicing of focused attention. As an adjunct to these methods, it helps clients create new, empowering life experiences that can serve as the basis for new neural patterns.

The book begins by laying the foundation for body-mind and brain-body interventions by exploring the basics of the brain: its anatomy, neuroanatomy, neurophysiol-
ogy, electrochemical processes, and the rhythms of the brain and body and nature. The authors set forth a detailed protocol for neuroassessment and evaluation of new clients, with particular attention to identifying a client’s habitually activated emotional circuits, neural imprints, state flexibility, level of arousal, and any relevant neurobiological conditions.

The authors go on to outline BCT and its interventions geared toward stress reduction and state change, or the capacity to shift the mind from one emotional state to another and to shift the brain from one neural pattern to another. Protocols for specific presenting problems, such as fear, anxiety, and life-threatening and chronic illnesses are outlined in detail. Because of the breadth of the BCT approach, it is effective in working with individuals who are interested in shifting and conditioning performance states of consciousness, and the authors offer protocols for helping their clients reach peak professional performance as well.

With this book, clinicians will be able to empower their clients to find their way out of a wide range of debilitating mental states.

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