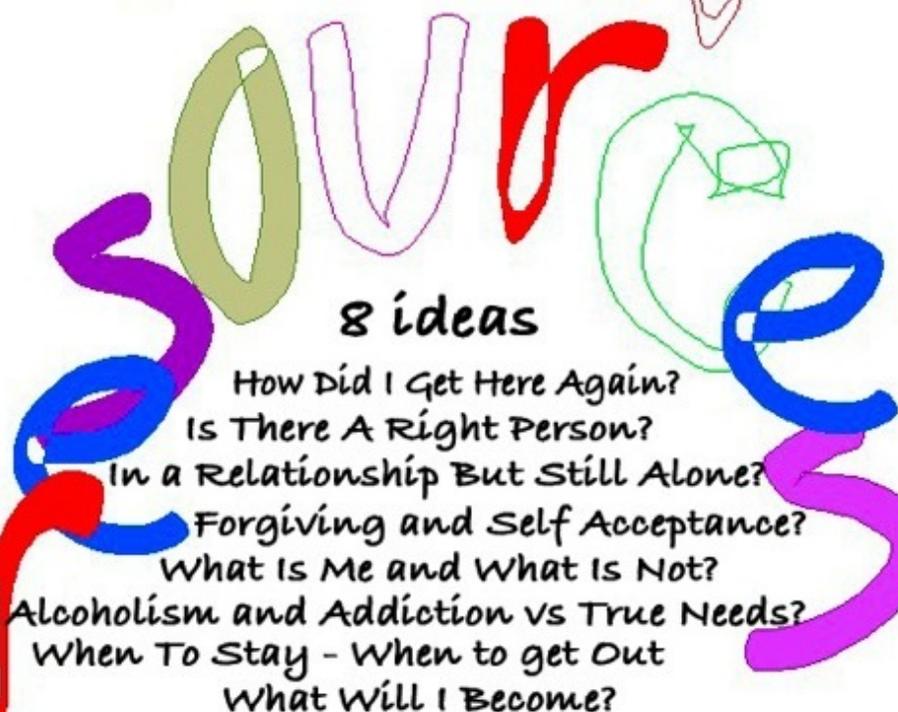


inner



resources

**8 ideas**

- How Did I Get Here Again?
- Is There A Right Person?
- In a Relationship But Still Alone?
- Forgiving and Self Acceptance?
- What Is Me and What Is Not?
- Alcoholism and Addiction vs True Needs?
- When To Stay - When to get Out
- What Will I Become?

8 Ideas Newsletter, *How A Dream Cured A School Phobia*,  
June 2008, [InnerResources Publications](#)

8 Ideas Newsletter, *How A Dream Cured A School Phobia*  
June 2008, [InnerResources Counseling and Publications](#)

## InnerRESOURCES Counseling and Publications

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## How A Dream Cured A School Phobia

Jeff Landau, Ph.D.

### Everything Is Just Fine

Little Jimmy was in the middle of it. He had felt strong about himself but now he was not so sure. His mother and father had been fighting for years but he thought,

”it was just the way it is.”

### Separation and Divorce

Then one day his father moved out, not too far away. He felt the jolt but things didn't change too much. They still saw each other as often as before and pretty much on the same schedule, so he was buffered from any jarring disruption.

### Trouble At School

In the past little Jimmy had acted out his anger in the therapy session. Now he and I were getting along just fine. But he began to act out at school. He became disruptive. Not violent or threatening, but he got your attention in ways you just didn't want.

He was getting more negative attention and his

mother was getting more contact from his teachers and administrators.<sup>1</sup>

## Frozen Heart<sup>2</sup>

In one of his therapy sessions, Jimmy was lying down on the couch. He tapped his heart and mentioned that it was frozen.<sup>3</sup>

“You know what my mother used to say to me?”

“No what”.

She said, “Jeff if you keep making a face like that it might freeze like that forever.”

“That’s what my mother says to me!”

Then little Jimmy gently tapped his heart again and said,

“I can warm this heart up any time I want”

“Well, you know if you keep your heart frozen too long it may not be so easy to unfreeze. You better keep it on cool rather than frozen.”

## School Phobia

At about this time little Jimmy developed a school phobia. It was also about this time that there was a new shift in the family. His parents began to socialize. And his

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1 We attempted to deal with the issues by discussing the causes, such as “She doesn’t think well of me” and imagining humorous and alternate conceptions for the triggers to his behavior. This seemed to help if it was correlated with increasing awareness and threatened consequences from the teachers, his father and his mother.

2 Cold rage seemed to be his current state of mind. Not much acting out at the moment. Not yet.

3 He had on several occasions described how he could “in his mind hurt someone” without having any feelings about it, like in a movie or a video game.

father moved to a new location, much farther away.

He just didn't want to get up in the morning and get out of bed and go to school. He fought with his mother. He reluctantly tried to go. He would approach the area of the school, experience increased amounts of anxiety and then return home.

### Treatment Attempts

Jimmy and I discussed the matter from a problem oriented view, and asked if there was a problem with other students or "others" at the school or in the area of the school. We looked at the issues from an analytic separation point of view, that his father had moved too far away. We tried an operational behavior approach and imagined a series of events and attempted relaxation to the imagery. We also enlisted his mothers assistance by getting her to walk him to school and asked her to be soothing, to keep him calm, and find out what was on his mind as he approached the school.<sup>4</sup>

Nothing worked for very long.

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<sup>4</sup> His mother had more on her plate than anyone would ever want and was often therefore distracted. So I did not get the impression that she had acted as the soothing, "desensitizing in the field agent" I had imagined.

## The Solution

### Jimmy's Dream: The Chocolate Croissant

The pressure grew. Little Jimmy was feeling the heat. Fear and threat were everywhere. He had pushed things to the edge. His mother was going to “punish him”, no camp, no toys, no computer no TV e.t.c. His father made it very clear that he wanted Jimmy to go to school and that he *had* to get to school. He also told Jimmy's mother to “fix this”.

Then, in the midst of all this turmoil, Jimmy went to sleep and had a dream about a chocolate croissant. He awoke earlier than usual, very hungry, starving, and with the image of a chocolate croissant on his mind. It was very early. Quite a bit earlier than usual.

He got out of bed and went downstairs to a local store to buy the chocolate croissant. Once at the store and munching on the Croissant, he noticed that he wasn't that far from school. So he went to school early, much earlier than usual. He stayed in school the whole day without incident. On the next day he again got up earlier than usual and went to school again, and then again on the next day and the next.

And that was the end of the school phobia problem.<sup>5</sup>

One more thing. Little Jimmy is back to causing me trouble in our therapy sessions, moaning and groaning and acting “disrespectful” to me.

Oh well. We’re back to “acting in” instead of “acting out.” I think.

## 8 ideas

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<sup>5</sup> But not entirely the end of the school problem.

## Exercises and Questions

### *Are There Any Warning Signs About Problems Going On In Your Family?*

- ✓ Are your children creating a blinking yellow or blinking red light, a warning sign that your attention is required.
- ✓ Are you feeling too overwhelmed and somewhat hopeless about this?
- ✓ Is there anything you might be able to do to help solve the problem?
- ✓ What is your relation to your children's teachers? Do you know them? Meet with them?
- ✓ How do you feel about teachers?
- ✓ Do you happen to recall how things were for you when you went to school?
- ✓ Were you having these types of issues?
- ✓ How do you feel about school?
- ✓ Do you have thoughts about what you would like for your children's future? How does school play into it?

### *What is the "anger and tension level" at home?*

- ✓ Would you like to bring it down a notch?
- ✓ Do you think, "that's just the way it is?" or can *you* help to create a new pattern?
- ✓ Are you feeling angry too much of the time? or just too overwhelmed to think about it?
- ✓ How might you create some space for some new feelings?
- ✓ Have you tried?
- ✓ What happened?

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## Publications and Newsletter Archives

### Poems From InnerRESOURCES 8 Ideas

8 Ideas Newsletter, *Idea #1 The Compulsion To Repeat The Past. How Did I Get Here Again?*/PDF, InnerResources Publications, May, 2008

8 Ideas Newsletter, *A Promise To Point You In The Right Direction*, InnerResources Publications, March 2008

8 Ideas Newsletter, *Idea #2 Is There A Right Person, Happy Valentine's Day*, InnerResources Publications, February, 2008

8 Ideas Newsletter, *Talking, Communicating, and Knowing Empathy, How Does Analysis Cure? Heinz Kohut's view.* InnerResources Publications, January, 2008

8 Ideas Newsletter, *Meditation In Action, Captain Videos Ring (and the secret compartment for hiding messages,* InnerResources Publications, December, 2007

### Schizophrenia, Alcoholism and Addiction

Jeff Landau, Ph.D. Interviews Dr. Hyman Spotnitz

Merger With Another Phenomenal Ecosystems

The Stress-Less Program

Let's Talk: The Relationship Newsletter, The Concept of Education, Prevention, Treatment, January, 1993

Let's Talk: The Relationship Newsletter Summer, 1987

The First Newsletter

## InnerRESOURCES 8 Ideas Map

### InnerRESOURCES 8 Ideas Focus Points For The Mind, A Map, An Ecosystem Mindset

#### Idea #8

##### Self Actualization What I Will become

Higher Order Needs also drive us -  
our maturational destiny.  
Love, Truth, Justice, Helping Others.  
Our dreams of who we would like to be.  
These become forces as tangible  
as bread and water.  
No short-cuts.  
No Emperor's New Clothes.

#### Idea #1

##### The Compulsion To Repeat The Past or How Did I Get Here Again?

Entropy, The Will  
To Power and The  
Pleasure Principle,  
are the underbelly  
of the repetition  
compulsion,  
often disrupting our  
maturation and  
growth.  
We need to identify  
repetitive  
destructive patterns  
and work on them.  
Then we can have  
rewarding  
relationships.

#### Idea #7

##### When To Stay and When To Get Out

When should we  
give up?  
Give up our individual will  
and way of doing things.  
When should we  
"lose ourselves" by  
surrendering  
to our relationship,  
family,  
and community.  
And when should we  
simply give up the relationship  
because we would lose ourselves  
and gain  
nothing greater  
in return.

#### Idea #2

##### Is There A Right Person?

Is It Me Or The People I'm  
Choosing?  
The Problem Of Self,  
Identity and  
interchangeability  
Our drives are constant,  
repetitive, and  
indiscriminate  
They project fantasies  
and intimidate others  
into playing roles  
in our  
"body-part object"  
mental life.  
Getting beyond  
the self- absorption  
"mirror" stage  
and survival orientation  
of the drives  
and choosing and relating  
to real people  
is the only chance we  
have  
of finding the right person.

#### Idea #3

##### In A Relationship But Still Alone

Isolated states of mind  
established to insure the  
survival  
of our essential being  
continues to surround us.  
With such a wall as part of  
us,  
reality itself is tenuous.  
We find it hard to  
experience ourselves  
-or others.  
Reaching out, trusting, and  
reactivating the growth  
of our fragile selves must  
go on-  
in or out of relationship.

#### Idea #4

##### Forgiving and Self Acceptance Breaking Destructive Patterns

The Problem of Anger, Blame and Guilt  
Recognizing that rage can be caused by external  
circumstances  
such as the trauma of "the invader"  
we still need to deal with internal causes-  
the will to power, self righteous arrogance,  
rage, love and guilt -  
powerful emotions that bind us to the past  
and feed the repetition compulsion.  
Letting Go- Walking Around It.  
Forgiving and Self Acceptance  
help us move on with our lives.

Choice

#### Idea #6

##### Addictions vs Our True Needs

Some experiences reduce our needs.  
Others nourish and help us grow.  
Still others stimulate  
our need for more experiences,  
to the point that our survival and growth  
is ignored -  
and our life is threatened.

#### Idea #5

##### What Is Me and What Is Not Me?

The longing to merge into  
oneness-  
to stop the feeling of  
separateness  
is one of the forces that drives us  
into relationships.  
This merger produces both  
bliss and primitive aggression.  
Like any developmental  
process, however,  
the individual self  
soon proclaims its existence.  
Boundaries.

Poems From InnerRESOURCES 8 Ideas, ISBN:0972838902

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