

The Bear Technique™

Originated and Developed by Tammy Stoner LCSW

I would like to share with you a new methodology of treatment I have originated called The Bear Technique™. The underlying foundation of the Bear Technique is called Ecco Systems Technology™ and is based on systems theory, family practice and social work principles.

The Bear Technique™ is an integration of a family of teddy bears called The MeBear Family™ with Ecco Systems Technology™. The Bear Technique™ explores those connections and so the name is referred to as MeBear Family Connections™.

The Bear Technique™ has been used with over a thousand clients in a community mental health center. It has been effective with resistant and nonverbal clients and people who do not respond to traditional methodologies of treatment. It has proven to be a highly effective method of assessing a family system when only one person is present. It is a powerful methodology for working with adults and children of all ages, races and socioeconomic groups. The Bear Technique™ brings play to an *entirely new level*.

Donna, a 30 year old client in a community mental health center noticed the MeBear Family™ sitting on the shelf. She inquired about the bears. I informed her that this was a family of bears and wondered if she would like to play with the MeBear Family. Like many clients she looked at me like I had lost my mind. I encouraged her and she agreed.

We began by sitting on the floor. We identified each family member and attached that identity to a MeBear. The Bear Technique™ was demonstrating a series of stepfathers. A MeBear

represented each one. Donna had three sisters and a mother, each represented by a MeBear.

Utilizing the Bear Technique™, Donna was then asked to organize the MeBears having dinner. It turned out that there was no time or place in which the family sat down and ate dinner together. In fact the MeBear Family Connections™ demonstrated much disorder and chaos. This methodology was demonstrating as much information about her family as the sculpture itself.

The Bear Technique™ was demonstrating a placement of stepfathers in and out of Donna and her siblings bedrooms. The process of organizing MeBears demonstrated stepfathers sharing beds with Donna and her sisters. Donna's mother had closed her eyes to the sexual abuse of her children.

Donna had been referred to treatment at the request of social services, following the placement of her children into foster care, after being sexually molested, by their father. As Donna applied the Bear Technique™ to her own MeBear Family Connections™, powerful patterns stemming from the past were experienced in a tactile sensory way. For the first time she could see the recreation of her own family of origin issues surfacing in her family of procreation.

If you would like to learn more about The Bear Technique™, the originator and developer has created a complete program which includes coaching sessions, a complete MeBear Family and 10 activities you can utilize to quickly move the hard to reach. For more information please email Tammy Stoner LCSW at stony@mebearfamily.com or go to www.mebearfamily.com

Note: GAP™ presents this technique to you, but is not making an endorsement of this product and suggests that you carefully assess with whom you use it.