

*Therapy interventions that
help provide clarity*

While confusion is a broad concept, these are some of the more productive interventions that a therapist can use when it comes to helping client/patients deal with confusion. By reducing confusion, client patients will function better and sometimes have less secondary mood conditions related to their confusion.

- 1) Identify cases where there are potential neurological deficits and help client/patients arrange consultations with the appropriate providers. These deficits include but are not limited to memory issues, concentration issues and sensory issues. The Dashometrics Confusion Spectrum-1 and accompanying Interpretation Guide should assist in screening for most neurological causes of confusion.
- 2) Identify cases where there are chemical substances potentially causing confusion. This basically means drugs, alcohol and prescription medications. Once again, we suggest helping client/patients arrange for psychiatric consultation or drug/alcohol evaluation, as the case may be.
- 3) Therapy oriented interventions for dealing with confusion fall into these categories:
 - A. **Goal and Value Development:** Help client/patients develop, clarify and prioritize their goals and values. This will be especially useful in helping client/patients who have a difficult time making judgments and decisions.
 - B. **Stress Management:** Help client/patients manage stress and thereby reduce anxiety. Because anxiety fragments concentration and attention, almost everyone feels more clear-minded with lower stress. For some client/patients, however, this will literally result in them experiencing less frequent or less intense psychotic or delusional states.
 - C. **Improving Self-Trust:** Help client/patients improve their level of self-trust. This is a critical and very under-estimated factor in psychological health. Self-trust can be sub-divided into trusting what you sense (your five senses); trusting your thoughts (knowing what you know and being confident in your interpretations) and trusting in your decisions and judgments.

With **senses and states of knowledges**, a therapist can validate *accuracy*, when this is appropriate. Because self-doubt is most often a learned behavior, it will take persistent affirmation of accuracy (when it exists) of sensory input and knowledge of facts to rebuild self-trust. With **matters of interpretation and/or judgment**, we want to validate *reasonableness*, since there are almost always multiple interpretations or judgment/decisions that are reasonable.

In a more general way, we want to help encourage client/patients to use their own validation resources. Most of the time this will be through trusted or reliable people and/or affirming resources they can find on the internet (and/or through other non-social sources). We also want to encourage client/patients to avoid people and situations that degrade self-trust whenever possible.

Most of us have what we call an "inner voice" that we listen to, but we can lose this voice or our trust in it. We want to remind client/patients that developing trust in this inner voice does not mean they will always be right, but that the more they learn to listen to it, and then learn from their experience, the more useful that voice will be. We also want to remind them that if we don't trust ourselves, then we are either perpetually confused or we must trust others. And while it is not wrong per se to sometimes trust others, that is never a substitute for learning to trust ourselves.