

DEALING
WITH
RESISTANCE
IN
PSYCHOTHERAPY

ALTHEA J. HORNER

Dealing With Resistance In Psychotherapy

B Lingard

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

Dealing With Resistance In Psychotherapy:

Resolving Resistance in Group Psychotherapy Leslie Rosenthal, 1993-12-01 A mixture of theory and practice this study of individual and group resistance in psychotherapy is illustrated by numerous clinical vignettes Offering techniques for handling and resolving resistance within the group setting it should appeal to clinicians and group therapists

Dealing with Resistance in Psychotherapy Althea J. Horner, 2005-07-14 Resistance is an unfortunate term for the manifestation of defense mechanisms in the treatment situation Use of the word to a psychoanalytically unsophisticated patient may evoke undesired consequences because to a patient it implies deliberate intent and thus blame From the patient's unconscious or at times conscious point of view these defenses protect the individual from a variety of intrapsychic or interpersonal dangers As long as these defenses are in play the process of exploration and discovery comes to a halt They must be understood and carefully analyzed for they are at the heart of the treatment impasse This book is written for the professional psychotherapist who may be puzzled why work with a particular patient or client is going nowhere It brings to the therapist's attention a wide variety of these defenses these resistances so that they can be addressed and resolved

Overcoming Resistance in Cognitive Therapy Robert L. Leahy, 2012-03-13 This practical guide presents Leahy's multidimensional model of resistance in cognitive therapy Richly illustrated with case examples and session vignettes the book addresses a variety of ways that clients may resist basic therapeutic procedures noncompliance with agenda setting and homework assignments splitting transference with other therapists inappropriate behavior and premature termination Underlying processes of resistance are explored from the desire for validation to risk aversion and self handicapping Also highlighted are ways that the therapist's own responses may inadvertently impede change Provided are innovative tools for getting treatment back on track including targeted interventions in session experiments and questionnaires and graphic models to share with clients

Psychology & Christianity Integration Daryl H. Stevenson, Brian E. Eck, Peter C. Hill, 2007

Resistance Paul L. Wachtel, 1982-03

RESISTANCE AND THE PROCESS OF THERAPEUTIC CHANGE Paul L. Wachtel Psychotherapy whether practiced from a psychodynamic or a behavioral point of view is rarely as straightforward as textbooks and case reports usually seem to imply More often the work proceeds in fits and starts and often does not seem to be proceeding at all but rather unraveling or moving backward The typical case is in fact quite atypical Almost all cases present substantial difficulties for which the therapist feels at least some of the time quite unprepared Practicing psychotherapy is a difficult if also rewarding way to earn a living It is no profession for the individual who likes certainty predictability or a fairly constant sense that one knows what one is doing There are few professions in which feeling stupid or stymied is as likely to be a part of one's ordinary professional day even for those at the pinnacle of the field Indeed I would be loath to refer a patient to any therapist who declared that he almost always felt effective and clear about what was going on Such a feeling can be maintained I believe only by an inordinate amount of bravado and lack of critical self reflection But the therapist trying to get some ideas about

how to work with 1 These are of course not the only two points of view in psychotherapy nor do I believe they are the only two of value *American Journal of Psychotherapy*, 1947

Overcoming Unintentional Racism in Counseling and Therapy Charles R. Ridley, 2005-03-16 Any counselor or therapist regardless of race background or motive can engage in unintentional acts of racism In so doing they may inadvertently sabotage their own efforts and perpetuate the very problems they seek to overcome *Overcoming Unintentional Racism in Counseling and Therapy Second Edition* examines the dynamics and effects of racism in counseling with an emphasis on the insidiousness of unintentional racism Workable solutions and practical alternatives are proposed with the goal of eliminating unintentional racism Numerous supporting clinical examples are included in order to help counselors gain new insights into their operational practices and to modify any behaviors that may interfere with a helpful intervention The Second Edition also provides a new section on the policies and practices of agencies and other institutions in the mental health system unintentionally resulting in service disparities Macro system and micro system interventions are proposed to overcome these disparities Key Features The only book that addresses unintentional racism in counseling and therapy Offers a superb balance of theory and practice Provides problem identification and workable solutions to individual and institutional racism *Overcoming Unintentional Racism in Counseling and Therapy* is ideally suited as a supplemental text for theoretical courses in counseling counseling techniques practicum multicultural counseling and professional seminars

Counseling Criminal Justice Offenders Ruth Masters, 2004 *Counseling Criminal Justice Offenders Second Edition* takes a practical view of offenders their problems and the difficulties counselors face working with them in criminal justice settings Author Ruth E Masters examines criminal justice counseling on an individual and group basis and in a variety of settings such as prisons probation and parole agencies diversion programs group homes halfway houses prerelease facilities and U S jails The book also explores the many faces of offenders young old male female and across many cultures The Second Edition of *Counseling Criminal Justice Offenders* recognizes that individuals who counsel offenders in the criminal justice system often have not had the extensive training of a licensed psychologist and this text is designed to provide readers with an understanding of the counseling process The book explores practical knowledge of legal principles appropriate and effective counselor attitudes and the past and present protocols of American corrections Primarily designed for criminal justice students taking correctional counseling courses *Counseling Criminal Justice Offenders Second Edition* is also a vital resource for any Criminal Justice Social Work Psychology or Counseling practitioner interfacing with offenders

[Introduction to Neuropsychotherapy](#) Ritva Laaksonen, Mervi Ranta, 2013-03-05 This groundbreaking volume provides a theoretical overview and clinical guidelines for the application of neuropsychotherapy It takes a multidisciplinary approach combining neuropsychological knowledge with recent conceptualizations from neuroscience and psychotherapy with special emphasis on the role of working alliance The first part of the book focuses on the historical roots of neuropsychotherapy Then a framework of interpersonal process in

neuropsychotherapy and conceptualization for clinical purposes are described Resistance is described through a historical perspective of conceptualizations to the present day demands of understanding this phenomenon in the process of neuropsychotherapy In addition the neuropsychology of emotions is presented in a therapeutic process through a case intervention The latter chapters of the book are concerned with special interest interventions and psychotherapeutic working methods suited for neuropsychotherapy Representing a wide variety of theoretical research oriented clinical neuropsychological and psychotherapeutic expertise this book will interest professionals in neuropsychological rehabilitation and those working with patients with cognitive emotional and behavioral disorders in in patient and out patient settings

Conversation Analysis and Psychotherapy Anssi Peräkylä, Charles Antaki, Sanna Vehviläinen, Ivan Leudar, 2008-04-07
Psychotherapy is a talking cure clients voice their troubles to therapists who listen prompt question interpret and generally try to engage in a positive and rehabilitating conversation with their clients Using the sophisticated theoretical and methodological apparatus of Conversation Analysis a radical approach to how language in interaction works this book sheds light on the subtle and minutely organised sequences of speech in psychotherapeutic sessions It examines how therapists deliver questions cope with resistance reinterpret experiences and how they can use conversation to achieve success Conversation is a key component of people s everyday and professional lives and this book provides an unusually detailed insight into the complexity and power of talk in institutional settings Featuring contributions from a collection of internationally renowned authors Conversation Analysis and Psychotherapy will appeal to researchers and graduate students studying conversation analysis across the disciplines of psychology sociology and linguistics Negative Outcome in Psychotherapy and what to Do about it Daniel T. Mays, Cyril M. Franks, 1985 **Handbook of Treating Variants and Complications in Anxiety Disorders** Eric A. Storch, Dean McKay, 2013-03-22 As prevalent as anxiety is as a diagnosis clinically complex cases are even more so At the same time that it is recognized as a spectrum of disorders with many possibilities for intervention it is most often seen with variations that further complicate treatment The Handbook of Treating Variants and Complications in Anxiety Disorders explains in clear detail how and why clinical factors present challenges to clinicians treating clients with these disorders Comorbid conditions often found in children adolescents and adults with anxiety including developmental disabilities and personality disorders are analyzed in the context of treatment Case examples and literature reviews illustrate the relative merits of integrated versus sequential treatment the importance of prioritizing behaviors age related considerations and therapist issues This best practices approach guides readers in choosing current evidence based options for treatment that is tailored to the individual and effective in the short and long term Included in the Handbook Prognostic indicators of treatment response for children and adults with anxiety disorders Treatment of comorbid anxiety and disruptive behavior in youth Treatment of PTSD with comorbid borderline personality disorder Limited motivation patient therapist mismatch and the therapeutic alliance Assessment and treatment of comorbid

anorexia nervosa and obsessive compulsive disorder Treatment of comorbid anxiety disorders across the lifespan Developed as a companion reference to the Handbook of Assessing Variants and Complications in Anxiety Disorders the Handbook of Treating Variants and Complications in Anxiety Disorders is of immediate relevance to researchers scientist practitioners and graduate students in clinical child school and developmental psychology social work psychiatry psychotherapy counseling and pediatrics

Cognitive-behavioural Approaches to Psychotherapy Windy Dryden,William L. Golden,1987 *The New Handbook of Psychotherapy and Counseling with Men* Gary R. Brooks,Glenn E. Good,2001-02-05 Volume Two of The New Handbook of Psychotherapy and Counseling with Men offers clinicians practical advice for applying a wide variety of effective formats and modalities when working with male clients including up to date information about cognitive interpersonal and integrative therapy as well as group and family therapy The Handbook also contains a wealth of information on such important topics as using psycho educational principles and approaches women therapists who work with male clients and the critical dynamics of a male therapist and male client In addition this volume is filled with practical suggestions for working successfully with men from diverse cultural sexual and religious backgrounds

Journal of Contemporary Psychotherapy ,1992 **Dynamics of Psychotherapy** Percival Mallon Symonds,1957 **The Social Influence Process in Counseling and Psychotherapy** Fred J. Dorn,1986 **Psychotherapy** ,1909 Psychotherapy William Belmont Parker,1908 The Technique of Psychotherapy Lewis Robert Wolberg,1967

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