# Resolving Resistances Psychotherapy

Herbert S. Strean

# **Resolving Resistances In Psychotherapy**

Francis J. Turner

# **Resolving Resistances 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 Resolving Resistances in Psychotherapy Herbert S. Strean,1985 Reprint Originally published in 1985 Wiley Resolving Resistances in Psychotherapy Herbert S. Strean,1985 Reprint Originally published in 1985 Wiley Resolving Counterresistances In Psychotherapy Herbert S. Strean,2014-05-12 Widely acclaimed for his insightful book on resolving patients resistances in psychotherapy Dr Strean now addresses the virtually neglected problem of therapists counterresistances the fantasies defenses and other elements of the therapist s own psychological makeup that can impede the therapeutic process At the core of this book is a crucial question If the therapist cannot or will not confront his or her own resistances how can the patient be expected to The book begins with a clear conceptualization of counterresistance in psychotherapy Subsequent chapters focus on the ways in which counterresistance manifests itself in the initial middle and closing phases of therapy Case vignettes delineate essential features of various tupes of counterresistance and show how and when to combat them

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 Working Through Setbacks in Psychotherapy Rob Leiper, Rosemary Kent, 2001-12-20 Counsellors and psychotherapists often encounter difficult situations with clients for which they feel ill prepared At any stage in the process a client may experience a crisis or set back in their progress or simply be unable to move beyond a certain point Working through Setbacks in Psychotherapy is therefore intended to help therapists respond to such events which form major obstacles to the successful development and maintenance of the therapeutic relationship The authors present a framework for understanding the problems that arise and offers effective guidance for working through difficult situations which test the skills of even the most experienced practitioners Until now little has been written about the 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 Resistance. Rebellion

and Refusal in Groups Richard M. Billow,2018-04-24 The author expands and develops his ideas first presented in Relational Group Psychotherapy From Basic Assumptions to Passion He constructs a theoretically sophisticated yet experience near approach to contemporary group therapy Building on Bion's striking theoretical realignment replacing the polarity unconscious conscious with infinite finite the author revises traditional concepts and terms to offer a new model of relational group psychotherapy In this book he defines the essential therapeutic task to address the hunger for truth an appetite stimulated by the group itself Group members bring infinite potential into the room but the truth that is developed and realized is bounded by the nature of their interrelationships individual psychologies and perspectives as well as by human limitations in processing experience to make it meaningful How the therapist along with group members assess and respond to the need for truth in the immediate clinical context create the phenomena of resistance rebellion and refusal

**Personality Disorder** Caroline Jacob, Dr Gwen Adshead, 2008-11-15 This book addresses the impact that working with personality disorder patients can have on staff It offers theoretical explanations for personality disorder explores other issues such as the concept of boundaries in clinical practice psychiatric staff and the relationship between severity of personality disorder and childhood experiences The Mind in Therapy Katherine D. Arbuthnott, Dennis W. Arbuthnott, Valerie A. Thompson, 2014-02-04 Human mental capacities and processes are the raw materials with which psychotherapists work Thus what cognitive scientists have discovered in recent decades is potentially tremendous value for psychotherapeutic practice But the new knowledge is not readily accessible to therapists who find both language and methodology off putting The Mind in Therapy bridges the gap It offers a comprehensive overview of the relevant range of cognitive activities ranging from complex mental operations such as problem solving decision making reasoning and metacognition to basic functions such as attention memory and emotion The authors integrate key new findings about the interaction between cognition and emotion inhibition and counterfactual thinking processes that loom large in practice Each chapter reviews an area of cognitive research clearly explains the findings and highlights their implications and applications in diverse models of therapy cognitive behavioral psychodynamic humanistic and family Each includes case vignettes that illustrate the ways in which the concepts are important and useful in practice All therapists rely on the human mind to effect the change they seek The clearer understanding of human cognitive capacities idiosyncrasies and limitations their own as well as clients that they will gain from this book will enhance the effectiveness of both beginning and experienced practitioners whatever their orientation

Therapists Who Have Sex With Their Patients Herbert S. Strean,2018-10-24 First published in 1994 Therapists who use and abuse their power make for high talk show ratings and tabloid sales but are these people simply to be written off as sick and evil Dr Herbert Strean believes not In this unflinchingly honest book Dr Strean who has treated such abusive caregivers many times in his practice seeks to create a more humane portrait of therapists who have affairs with their patients Central to the book are four fascinating case studies of therapists Ronald S is a heterosexual psychiatrist with homosexual fantasies

who wants to be a woman with his own male therapist Roslyn M is a therapist who administers love treatment in the therapy room and charges for it Bob W is a promiscuous sex addict who thinks despite his physical unattractiveness that all his women patients hunger for him Al G is a sadomasochistic social worker who makes his female ex patients suffer These cases give voice to the feelings fantasies and dreams of therapists who have crossed the boundary Through them we come to understand that it is treatment not punishment that will prevent others from falling prey to healers who are them selves in desperate need of healing <u>Don't Lose Your Patients</u> Herbert S. Strean, 1998-08 TABLE OF CONTENTS 1 a good therapist is a good telephone operator 2 the first interview the most crucial one 3 understanding the honeymoon phase of treatment and becoming a competent honeymooner 4 the first treatment crisis when threats to guit treatment are common 5 mishandling of situational crises and the patient's readiness to guit treatment 6 how subtle resistances of the patient are reinforced by the therapist a major factor in patient dropout 7 further thoughts on countertransference reactions how they can influence the patient s wish to stop treatment 8 the finale the dynamics of guitting treatment conributions by therapist **Social Work Treatment 4th Edition** Francis J. Turner, 1996-09-01 **American Journal of** and patient Psychotherapy, 1947 Community Mediation Karen Grover Duffy, James W. Grosch, Paul V. Olczak, 1991-04-26 In recent years the mediation movement has seen tremendous growth with significant advances being made in both research and practice Despite these advances researchers and practitioners have remained relatively isolated from one another Bridging the gap COMMUNITY MEDIATION is dedicated to the mutual education of both researchers and mediators It makes the findings of research accessible to practitioners and the issues of concern to practice available to researchers Thus this handbook affords researchers an excellent opportunity to learn more about actual techniques and enables practitioners to benefit from the latest research in the field Group Psychotherapy with Addicted Populations Philip J. Flores, 2007 Group Psychotherapy with Addicted Populations An Integration of Twelve Step and Psychodynamic Theory Third Edition is the newly revised edition of the classic text that brings together practical applications of 12 step programs and psychodynamic groups to provide proven strategies for defeating alcohol and drug addiction through group psychotherapy **Psychotherapy with Addicted Populations** Philip Flores, Bruce Carruth, 2013-05-13 In this newly revised edition Philip I Flores a highly regarded expert in the treatment of alcoholism and in group psychotherapy provides you with proven strategies for defeating alcohol and drug addiction through group psychotherapy For the first time practical applications of 12 step programs and ital psychodynamic groups are jointly explored jointly explained and jointly brought into therapeutic use You ll examine the constructive benefits of group therapy to chemically dependent individuals opportunities to share and identify with others who are going through similar problems to understand their own attitudes about addiction by confronting similar attitudes in others and to learn to communicate their needs and feelings more directly Group Psychotherapy with Addicted Populations covers the key areas of group psychotherapy for chemically dependent persons

including alcoholism addiction and psychodynamic theories of addiction alcoholics anonymous and group psychotherapy use of confrontational techniques in the group inpatient group psychotherapy characteristics of the leader transference in the group resistance in groups preparing the chemically dependent person for group the curative process in group therapy Along with his powerful chapters that emphasize the positive and constructive opportunities group psychotherapy brings to the chemically dependent individual Flores has added these new sections integrating a modern analytic approach a discussion of object relations theory group psychotherapy AA and twelve step programs diagnosis and addiction treatment treatment issues at early middle and late stages of treatment a discussion of guidelines and priorities for group leaders countertransference special considerations of resistance to addiction termination of treatment Those working in group therapy will find this expanded second edition a valuable resource for better recognizing and serving their group members needs and they will feel a sense of fulfillment as Flores reaffirms the positive effects of group psychotherapy Group Therapy Circle Haim Weinberg, Arnon Rolnick, Adam Leighton, 2023-10-10 This book provides group therapists and counselors with the necessary knowledge and help to develop their skills in effectively conducting online groups Group therapy represents the most efficient utilization of the scarce resource of mental health interventions Online settings dramatically increase the dissemination of this approach This book identifies the diverse challenges and suggests solutions in remote group therapy for specific therapeutic approaches such as psychodynamic relational psychodrama CBT ACT and group supervision The contributing authors explore specific issues that anyone who conducts groups online should be aware of Using a group therapy lens this book develops further the ideas and areas explored in the authors previous books Theory and Practice of Online Therapy and Advances in Online Therapy Essentials Of Psychoanalysis Herbert S. Strean, 2013-10-28 Presents the fundamentals of theory and technique of psychoanalytic treatment valuable for psychotherapists and students Begins with a review of Freud's theory of personality and its modifications and discusses transference and countertransference reactions unconscious meanings of problems and **Motivating Clients in Therapy** Richard L. Rappaport,1997-04-03 Clients who come to psychotherapy unmotivated or who become discouraged as treatment progresses pose a singular challenge to practitioners Despite the central importance of motivation for the therapeutic healing process little has been written that addresses this issue Motivating Clients in Therapy questions the widely accepted assumption of the adequately motivated client Richard Rappaport presents a four phased model of motivation that emphasizes the fear of loss of what is known and familiar as the central inhibitor to personal growth The motivation to love oneself and others must by catalyzed by an active psychotherapy relationship Rappaport offers therapists a practical and theoretical quide to increase treatment effectiveness with a wide variety of clients

# Enjoying the Track of Term: An Emotional Symphony within Resolving Resistances In Psychotherapy

In a global taken by screens and the ceaseless chatter of instant interaction, the melodic elegance and emotional symphony developed by the written term frequently disappear into the backdrop, eclipsed by the persistent sound and distractions that permeate our lives. Nevertheless, set within the pages of **Resolving Resistances In Psychotherapy** a charming literary treasure full of fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this fascinating masterpiece conducts viewers on a psychological journey, skillfully unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional review, we shall investigate the book is main harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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