Resolving Counterresistances in Psychotherapy

Herbert S. Strean, D.S.W.

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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 Counterresistances in Psychotherapy Herbert S. Strean, 1993 First Published in 1993 Routledge is an imprint of Taylor Francis an informa company Therapeutic Failures in Psychotherapy Nicola Gazzola, Shigeru Iwakabe, Sarah Knox, 2023-10-17 This book examines therapeutic failures in psychotherapy Despite the consistent positive outcome findings and psychotherapists best intentions in their efforts to help their clients psychotherapy simply does not work in all cases In fact 5 10% of adult clients deteriorate during psychotherapy Although not exclusively due to treatment failures per se almost a fifth of clients terminate their therapy prematurely and findings suggest that that between 20 and 30% of clients do not return after the first session with half terminating after just two sessions Therapeutic failures could include a range of negative therapy outcomes such as harm deterioration client non response premature termination or dropout as well as process factors such as negative therapy experiences impasses or alliance ruptures Investigating therapeutic failures holds the key to improving the effectiveness of psychotherapy as well as understanding some of the fundamental conditions that need to be in place for the change mechanisms of psychotherapy to take effect Although psychotherapy has made many strides over the last few decades to improve research rigour and to promote evidence based practices it is a profession that is still growing By embracing the opportunity to learn from the rapeutic failures the profession will continue to refine its practices to better serve clients and to strive toward developing ethical and effective practices Both comprehensive and accessible this book will be of great interest to psychotherapists in practice therapists in training as well as students and professionals in psychology and mental health in general The chapters in this book were originally published in Counselling Psychology Quarterly **Personal Development in Counselling and Psychotherapy** Sofie Bager-Charleson, 2012-07-18 There is an increased emphasis on self awareness and self care in counselling and psychotherapy training with a focus on how the therapist as a person affects the therapeutic outcome This timely book responds to these complex issues and is designed to help counselling students trainees and graduates with integrating their personal development into their professional planning There are chapters on bringing the Self into therapy choosing the right training and how to succeed as an accredited practitioner Activities and research summaries throughout

give this book a fully integrated approach ideal for busy students **Key Issues for Counselling in Action** Windy Dryden, Andrew Reeves, 2008-09-17 Effective counselling is based on a strong working relationship between counsellor and client Building and maintaining this therapeutic alliance demands both skill and an ability to negotiate challenges which arise during the counselling process Key Issues for Counselling in Action prepares new practitioners for face to face work with clients by looking at what is required at each stage of the process and examining issues which practitioners most frequently need to deal with along the way The topics covered are relevant to all counsellors regardless of theoretical orientation The book explores the everyday issues counsellors face when getting started making an assessment working at relational depth setting goals and ending the relationship Advice is also given on more difficult challenges such as dealing with reluctant clients stuckness client dependency and unplanned endings Key Issues for Counselling in Action is a bestselling text which has been used to train many thousands of counsellors as well as supporting their continuing professional development This second edition has been completely re written and includes new material on the use of touch self care culture and counselling evaluation Windy Dryden is Professor of Psychotherapeutic Studies Professional and Community Education PACE at Goldsmiths College University of London Andrew Reeves is a University Counsellor at the University of Liverpool Counselling Service and Editor of the journal Counselling Psychotherapy Research Don't Lose Your Patients 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 quitting treatment conributions by therapist and patient 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 **Current Catalog** National

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