

Therapy with Difficult Clients: Working with Anger & Resistance

People in need of help can sometimes be difficult to work with. This interpersonal trouble might include failure to listen, resistance to new ideas, or fits of anger. In the same way that life guards are trained to safely approach a drowning swimmer, therapists must be prepared to build cooperative working relationships with those who are otherwise failing in their interpersonal connections. Participants in this workshop will learn how to reduce miscommunication, eliminate power struggles, discharge resistance, and secure a strong working alliance.

Ericksonian Trauma Therapy & Memory Reconsolidation

For those who have been severely traumatized, the barriers separating past and present are broken down. When this occurs, traditional talk therapy is no longer sufficient. Ericksonian trauma work utilizes the experience of the present to redefine the past, while remaining future oriented. Memory reconsolidation occurs as memories are physically altered and re-encoded with new emotional elements. More than symptom relief, the intentional use of imagination and creative problem solving ensures greater resiliency for future challenges. In addition to increased happiness and relief from suffering, the patient's physical health and longevity are increased.