Course: working with resistant patients: how to reach through resistance to the patient hidden within

Address: https://asadis.net/en/course/working-resistant-patients-reach-to-the-patient-hidden-within/

Duration: 5h

Type of course: Continuing education

Location: Online course

Individual price: $168.00

Overview:
Encountering a client who is resistant or potentially hostile to the therapeutic process or the therapist can be unsettling and may undermine the success of the treatment.

This workshop, led by renowned psychotherapist Jon Frederickson, is specifically designed to equip you with advanced strategies for engaging with patients who exhibit detachment, passivity, and resistance in therapy.

You will delve into the nuanced assessment of patients, employing the concept of conflict to unravel the intricate sequence of emotions, anxieties, and defenses underpinning their symptoms and presenting issues. A significant focus will be on mastering the art of navigating patients' feelings, effectively regulating anxiety, and discerning and addressing resistances and defenses, along with understanding their impact on the patient's well-being.

Jon Frederickson will offer insights into managing the emergence of repressed feelings and evaluating patient reactions to therapeutic interventions. The use of video recordings from actual therapy sessions will serve as a pivotal learning tool, showcasing how you can identify and counteract behaviors that hinder treatment progress. These recordings will be instrumental in demonstrating techniques to foster a robust therapeutic alliance by guiding patients to confront and transform self-destructive patterns.

Furthermore, the workshop will provide clinical vignettes to exemplify real-time strategies for working with patient resistance. These examples will highlight methods for breaking through the patient's defensive barriers, thus enabling deeper engagement and facilitating a meaningful connection with the individual

concealed behind these resistances. This approach is designed to help you make contact with the person hidden behind that resistance.

Learning objectives:

1. Identify treatment resistant behaviors
2. Differentiate a feeling from a defense and from resistance
3. Clarify and address the price of resistance
4. Maintain an effective therapeutic focus and overcome patient resistance

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This training is intended for mental health professionals.

The expert

Jon Frederickson has been a psychotherapist since 1982. He specializes in treating resistant patients. He is on the faculty of the Intensive Short Term Dynamic Psychotherapy (ISTDP) Training Program at the Washington School of Psychiatry. He has provided ISTDP training in Sweden, Norway, Denmark, Poland, Italy, Switzerland, India, Iran, Australia, Canada, the U.S., and the Netherlands.

He is the author of over fifty published papers and book chapters and of many books, including Co-Creating Change: Effective Dynamic Therapy Techniques, Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives, The Lies We Tell Ourselves, and Co-Creating Safety: healing the fragile patient.

His book Co-Creating Change won the first prize in psychiatry at the British Medical Association Book Awards, and it has been published in Farsi, Polish, and Slovak, and is currently being translated into Hebrew and Spanish.

His book The Lies We Tell Ourselves has also been published in multiple languages. His most recent book is Healing Through Relating.

Syllabus

PowerPoint

Understanding Resistance: Foundations and Framework

Presentation

Why resistance

The incapacity to declare a problem

Navigating Denial and Permission in Therapy

You need the patient's permission to help

Mirroring the patient's denial

Understand drugs use

Empathize with the patient's needs

Remind the contradiction

Exploring Anxiety Triggers and Passive Behaviors

Explore what triggers the anxiety

The patient can be telling you the problem unconsciously

How to deal with a passive patient

Deactivating denial

Use mirroring denial as pressure

Handling Emotional Isolation and Therapeutic Challenges

Isolation of affect

Avoid interpersonal conflict

Accept the resistance, don't fight it

The fear of being invaded_1

When the patient wants to stop therapy

Therapeutic Strategies and Emotional Processing

Addressing the resistance

The habit of hiding

The problem with insights

The declaration of a problem

Documenting for yourself and the evolution of the therapy

Homework for the patient

Caring for the patient is key

Second patient - distancing

The helplessness of the patient

Deactivating the resistance

When the patient pretends to be less capable than he is

The raise of feelings

Running away from the feelings

Trust the feelings

Facing the guilt (WARNING)

How to deal with horrific stories as a therapist

PTSD and guilt

Bringing the guilt out

Conclusion of the second patient

Questions - couple therapy and metaphor

Conclusion

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*