

Overcoming Resistance In Cognitive Therapy

Overcoming Resistance in Cognitive Therapy American Journal of Psychotherapy Testing the Context Responsivity Hypothesis a Theory of Cognitive Dissonance Illness Career Descent and the Self-concept The Religious Sentiments of the Human Mind Perspectives on Persuasion, Social Influence, and Compliance Gaining The Cognitive Processes Cognitive and Constructive Psychotherapies Resistance and Outcome Expectations in Cognitive-Behavioural Therapy for Generalized Anxiety Disorder The Journal of the American Society for Psychical Research Current Perspectives in Social Psychology Theoretical Readings in Motivation Resistance Education for Extinction McGraw-Hill 2003 Yearbook of Science & Technology Canadian Journal of Psychiatry A system of psychology The Effect of Perceived Choice and Importance on the Retention of Information S.A.M. Advanced Management Journal Robert L. Leahy Adi Aviram Bradley Jay Fisher Daniel Greenleaf Thompson John S. Seiter Robert J. C. Harper Michael J. Mahoney Khuraman Mamedova American Society for Psychical Research Edwin Paul Hollander Fredric M. Levine Paul L. Wachtel David Wallace Adams McGraw Hill Daniel Greenleaf Thompson David Kent Kline

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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

despite growing recognition of the importance of context responsivity in psychotherapy and recommendations to develop context responsive models through identification of clinical markers to which therapists need to be responsive the notion of context responsivity in relation to key markers such as resistance remains largely understudied the current study sought to examine therapist responsiveness during identified moments of resistance i.e. client disagreement with therapist direction in the context of cognitive behavioural therapy cbt for generalized anxiety disorder westra et al 2015 there were two ways in which context responsivity was investigated the first was to examine whether differences in therapist style i.e. more supportive and less directive behaviour in the presence of disagreement go on to predict proximal i.e. level of subsequent resistance in the session following therapist management of resistance and distal i.e. pre to post worry reduction therapy outcomes to this end the present study utilized the manual for rating interpersonal resistance westra et al 2009 to identify moments of client disagreement with therapist direction in turn the motivational interviewing treatment integrity miti moyers et al 2010 was used to rate therapist use of theoretically indicated motivational interviewing mi skills e.g. level of empathy collaboration evocation and support of client autonomy during identified moments of disagreement the second approach to investigating context responsivity was through comparing variations in therapist mi adherence in the presence of disagreement with variations in therapist general mi adherence during randomly selected moments in therapy in order to examine whether the timing of therapist use of mi principles differentially impacts treatment outcomes results indicated that clients whose therapists displayed higher levels of mi relational conditions in the context of disagreement had substantially lower levels of subsequent resistance and post treatment worry furthermore while variations in therapist mi adherence in the context of disagreement were consistently and substantially related to cbt outcomes variations in therapist general mi adherence were not these findings provide support for the context responsivity hypothesis and serve to suggest that systematic incorporation of the client centered relational conditions advanced in mi to the responsive management of resistance in cbt is a valuable clinical endeavor which should become a priority for clinical training

this collection of chapters written by some of the most important persuasion scholars of our time represents the scope depth and richness of the field

of persuasion with contributions from authors in a wide variety of disciplines perspectives on persuasion social influence and compliance gaining provides students with a panoramic view of the field broadening their perspective and understanding of the influence and impact of persuasion in our lives contributing authors include richard petty john cacioppo james dillard daniel o keefe michael cody robert cialdini michael burgoon linda carli david buller judee burgoon and others features students gain insights directly from those who produced the theories and research as these top notch scholars reflect on the development of the theory or research where it is going and where it has been the contributors come from multiple disciplines including communication psychology and business offering students multiple perspectives on the content introductions to each section provide students with the rationale for student an appreciation of ethics an orientation to each chapter and an understanding of each chapter s contribution to the field early chapters on conceptualizations of persuasion the history of the field and theoretical developments give students the background necessary for understanding what persuasion is and how it functions chapters on both theories of persuasion and the practice of persuasion in multiple contexts help students see the connection between theory and practice concrete examples of theories and concepts bring the text to life and help students more easily understand the material chapter on deception enables students to see how one of the most recently researched areas fits into the field of persuasion

higher levels of resistance have been consistently found to be negatively associated with outcome in psychotherapy however the pathways through which resistance impacts therapy outcomes are underexplored given that outcome expectations have been identified as an important common factor influencing therapy outcomes the goals of the present study were to 1 examine impact of resistance on client and therapist outcome expectations coe toe respectively 2 explore whether the impact of resistance on these expectations mediates the relationship between resistance and therapy outcome these relationships were tested among 44 clients with severe generalized anxiety disorder treated with cognitive behavioral therapy for severe generalized anxiety in the context of a randomized controlled trial westra constantino antony 2016 resistance was measured for a midtreatment session and coe and toe were assessed at baseline and immediately after the session at which resistance was measured treatment outcome was measured via client rated worry severity at posttreatment as predicted higher resistance was associated with lower subsequent coe and toe b 0.73 p

list of members in v 1 6 12

resistance and the process of therapeutic change paul i 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

the last indian war was fought against native american children in the dormitories and classrooms of government boarding schools only by removing indian children from their homes for extended periods of time policymakers reasoned could white civilization take root while childhood memories of savagism gradually faded to the point of extinction in the words of one official kill the indian and save the man education for extinction offers the first comprehensive account of this dispiriting effort much more than a study of federal indian policy this book vividly details the day to day experiences of indian youth living in a total institution designed to reconstruct them both psychologically and culturally the assault on identity came in many forms the shearing off of braids the assignment of new names uniformed drill routines humiliating punishments relentless attacks on native religious beliefs patriotic indoctrinations suppression of tribal languages victorian gender rituals football contests and industrial training especially poignant is adams's description of the ways in which students resisted or accommodated themselves to forced assimilation many converted to varying degrees but others plotted escapes committed arson and devised ingenious strategies of passive resistance adams also argues that many of those who seemingly cooperated with the system were more than passive players in this drama that the response of accommodation was not synonymous with cultural surrender this is especially apparent in his analysis of students who returned to the reservation he reveals the various ways in which graduates struggled to make sense of their lives and selectively drew upon their school experience in negotiating personal and tribal survival in a world increasingly dominated by white men the discussion comes full circle when adams reviews the government's gradual retreat from the assimilationist vision partly because of persistent student resistance but also partly because of a complex and sometimes contradictory set of progressive humanitarian and racist motivations policymakers did eventually come to view boarding schools less enthusiastically based upon extensive use of government archives indian and teacher autobiographies and school newspapers adams's moving account is essential reading for scholars and general readers alike interested in western history native american studies american race relations education history and multiculturalism

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