

Compassionate therapy - working with difficult clients

Jossey-Bass - About — Compassion Therapy



Description: -

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Countertransference (Psychology)

Resistance (Psychoanalysis)

Psychotherapist and patient. Compassionate therapy - working with difficult clients

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The Jossey-Bass social and behavioral science series Compassionate therapy - working with difficult clients

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Coping with challenging clients

For me, the toughest part about doing therapy with a client is ensuring I do not get consumed with the emotional drain. Sensitivity Sensitivity is a core component of compassion. That's my first question is sort of what past experiences do you have with therapy and I love how you described normalizing kind of how bizarre it can feel and general social terms to say, hi, my name is here's my deepest, darkest thoughts and fears.

Working with Challenging Clients in Psychotherapy.

If they are accused of anything directly, they will change reality immediately. I've noticed that comes up a lot with the clients that I work with.

Solutions to Trauma: Compassion Focused Therapy for Trauma

In CFT, distress tolerance involves both the willingness to endure discomfort and the cultivation of the ability to self-soothe—to help ourselves feel safe and to make life a bit easier when there is pain that must be endured as we approach and work with suffering. The challenge is to acquire the wisdom we need to address the causes of suffering in ourselves and others. If a client is frustrating you, remember the bigger picture — that therapy is helping to bear the burden of another person's pain, says Schnitker.

Cultivating Compassion in Sessions: The Six Attributes of CFT

In order to cultivate compassion in clients, CFT therapists primarily focus on two things; mindful awareness, and the cultivation of compassionate ways of thinking.

Working with Challenging Clients in Psychotherapy.

You have to remain flexible. It can be a useful tool to support other therapeutic approaches.

Cultivating Compassion in Sessions: The Six Attributes of CFT

She asked the client to release their grip on the chair and instead to lightly run their fingers across it and focus on its texture.

Compassion Focused Therapy (CFT) Worksheets

You know, it's kind of this polite back and forth, and it's kinda like there's the tension that's in the room and never really addressed that.

A Therapist's Perspective on Dealing with Challenging Clients

It is the part of our brains responsible for the detection of potential threats in the environment. I don't even know what it's called.

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