

# *A Seminar for Advanced Clinicians and Hardworking Beginners*

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## **What do you *DO* when.....(?)**

- *The client has already seen several therapists before coming to see you and nothing has helped*
- *The client is an adolescent who has dropped out of school and doesn't want to go back*
- *All past interventions have only made things worse*
- *The client's boyfriend keeps beating her up and she doesn't want to leave him*
- *The client only sleeps when she uses drugs and alcohol but now she has to give them up or lose her kids*
- *The client continues to struggle with chronic medical problems that are not going to get better and she is suicidal*
- *The client has recurrent nightmares from a past trauma, has terrible panic attacks and rarely sleeps*
- *The client is allergic to pain medication but has chronic pain*
- *The client works in a hostile, emotionally toxic environment and needs to keep his job*
- *The couple wants to stay together but they have completely opposite goals*
- *The couple where one person wants to leave and the other wants him to stay*
- *The intervention worked for a while but now it has stopped working....*
- *Whenever you ask a question, the client says "I don't know."*

Together we will explore a variety of unique and practical answers to all of the above and more while developing ways to help you have a better time at work. We will also offer effective ways for therapists to replenish themselves while enhancing therapeutic creativity and effectiveness in treatment planning

This seminar will focus on nurturing participant's optimal development of practical and Solution-focused therapy and Ericksonian Hypnotherapy. Special emphasis will be given to developing specific resources to enhance solution development with clients suffering from chronic symptoms and multiple problems as well as relapse prevention.

## Workshop Outline for *Working With Impossible Clients*

Morning:

- *Principles behind the “death of resistance”*
- *What to do when nothing seems to work*
- *Live Demonstration or Role play with participants' most difficult clients*
- *Discussion*

Break

- *Supervised Practice Exercise*
- *What to Do When brief isn't so brief*
- *Principles for Working with chronic clients*
- *Demonstration and Exercise*

(Lunch Break)

Afternoon:

- *Principles for working effectively with depressed or hostile clients agencies, supervisors, co-workers and clients*
- *Live or Role Played Demonstration*
- *Discussion*

- *Practice Exercise with Personalized Coaching*

Break

- *Moving beyond impossibility – what we can learn from difficult clients*
- *Exercise and Discussion*
- *Practical strategies for lessening the after hours (personal) impact of a toxic system*
- *Exercise*
- *Questions and answers*

## Measurable Objectives for *Working With Impossible Clients*

1. Participants will be able to list at least 2 principles behind the “death of resistance”
2. Participants will be able to describe at least one therapeutic technique to offer when nothing seems to work
3. Participants will be able to list at least 2 principles for working effectively with chronic clients
4. Participants will be able to list at least 2 principles for working effectively with depressed or hostile clients, co-workers, supervisors.
5. Participants will be able to list at least 2 principles for working effectively with aggressive or hostile agency or managed care representatives.
6. Participants will be able to describe a technique for lessening the after hours impact of stressful work environments.