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NAME IT !!

"SEEMS LIKE WE'RE STUCK"

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ANALYSING 'WHY' A CLIENT IS STUCK IS A USEFUL TREATMENT TOOL

- Stubborn
- Safety
- Control
- Fear
- Taboo
- Shame
- What will be lost?
- How Does 'Stuck' Serve?

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BE CURIOUS ABOUT RESISTANCE

- Diversion
- Dismissal
- Avoidance
- Diminishing the Importance

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**BE CURIOUS ABOUT RESISTANCE**

- Fear of: failure; risk; vulnerability; loss; helplessness; anger; success; unknown
- Protection of 'familiarity': being in crisis serves them
- Exhaustion

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7

**IN OUR THERAPEUTIC MANNER,  
WE CAN BE TOO KIND, TOO GENTLE,  
TOO ACCOMMODATING.**

These areas of resistance are the shadows,  
and areas to be curious about

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**CLARIFYING DEFINITIONS**

- Be sure we understand each other; what does it mean when you say: 'yelling', 'flirting', 'not much', 'hurt', 'shy'
- Opens conversations
- Re-visit statement of goals: possibly broaden our vision of the issue

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**MICRO-RESISTANCE**

- Being vague
- Being late / not doing exercises between sessions
- 'I don't remember'
- Talking about others rather than self

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10

**AWARENESS OF BODY/SOMATIC RESPONSES**

MOVEMENT BREAKS	IMMEDIACY	BREATHING OR BUTTERFLY HUG
"I didn't know I was allowed to get up and stomp around!"	"I notice you're clenching your fists." "Tell me about your tears."	Connecting to the body

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**GOING BACK TO RE-TELL**

"I know you told me about \_\_\_\_ a few sessions ago, I'd just like you to tell me again, with as much detail as possible."

- Refocus/re-set
- New information/new perspective & self-awareness
- How would your dad/mom/boss tell this?

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**THE MIRACLE QUESTION**

IF YOU WENT TO BED TONIGHT, AND IN THE NIGHT A MIRACLE HAPPENED, AND THE PROBLEMS WERE GONE WHEN YOU WOKE, HOW WOULD YOU DISCOVER THE MIRACLE HAD HAPPENED?  
 WHAT WOULD YOU NOTICE FIRST?  
 WHAT ELSE WOULD YOU NOTICE? WHAT ELSE?  
 WHO ELSE WOULD NOTICE THE CHANGE?

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**SELF CARE**

Ground the Therapy in Curiosity  
 Timing is Always a Factor – the Client must feel Ready to Shift (though we are there to facilitate the shift, so at times, may have to have a firm hand)

Self Compassion - **We Are Human**  
 Remind Ourselves of Our Role – we are here to facilitate, not FIX  
 Knowing when we are Fragile: what we need and how to get it

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**THANK-YOU!**

Please feel free to contact me if you have any questions or wish to have further discussion.  
[karla@karladolinsky.com](mailto:karla@karladolinsky.com)

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