

Working with “Resistance” to achieve positive treatment outcomes.

A one-day workshop for counsellors and therapists

Not every client presents to treatment and support services as ready, willing or able to change no matter how much they are struggling with the status quo.

Unfortunately these clients may get labelled ‘resistant’, ‘unmotivated’ or ‘just not ready’.

However, research suggests that client ‘resistance’ is all too often just a reaction to clinical approach; by adapting their style, client gains can still be achieved.

These workshops draw from the best practice literature as well as presenter’s experience working with addiction. It provides more than 12 tools for therapists, focussing more upon underlying causes of ambivalence and reluctance to change.

Who is this workshop for?

This session has been developed for therapists and counselors who work with populations struggling to find the motivation to change problematic behaviours.

No previous related training is required, however it will complement those have previously undertaken Motivational Interviewing training.



Learning Outcomes

- 1 Be able to identify worker factors that increase resistance in clients.
- 2 Recognise different types of ambivalence and why these can result in ‘denial’.
- 3 Identify 5 different types of precontemplator and adapt the clinician’s response accordingly.
- 4 Recognise and enhance ‘Change Talk’ with five options for responding to ‘Sustain Talk’ and tips for handling Discord.
- 5 Frame the shift in attitude towards change according to the three key tasks
- 6 Tweak client motivators to maximise their efficacy according to 5 dimensions.

Understanding Resistance and Enhancing Motivation for change *(for counselors and therapists).*

A one day workshop is for counsellors and therapists with basic or advanced counselling skills. It integrates work from Miller and Rollnick with that from other researchers such as Mark Hubble and Scott Miller, to provide a deeper understanding of the causes of resistance and discord, as well as more than 15 microskills to both prevent, and effectively respond to resistance.

Topic 1 – Understanding Resistance

- Client signs and worker signs.
- Worker and interactional factors that trigger and enhance resistance in the relationship.

Topic 2 – The Process of Change

- Four types of ambivalence
- Five different types of Precontemplator
- Aspiration vs Equipose positions
- Denial as a protective mechanism

Topic 3 – A Three Task Model of Change

- The three key attitudinal shifts required for change
- Understanding the 15 most common barriers to change
- Strategies for responding to each of these barriers.
- CARES counselling approach

Topic 4 – Initiating and maintaining change

- How to recognise and enhance change talk
- 5 responses to sustain talk
- Tweaking motivators to maximise their efficacy.
- Preventing resistance

About the presenter

Matthew Berry

MAPS DP_{psych}

Matthew is a clinical psychologist in private practice with a background in the alcohol and other drug sector.

He has worked with youth and adult populations in residential and community based settings.



He delivers other workshops focusing upon supervision, addiction, challenging behaviours, motivational interviewing and happiness. and has delivered this Resistance workshop across both Australia & New Zealand.

More Information

www.matthewberry.com

training@hurstwoodconsulting.com

Matthew: +61 414 936 832