



The Therapeutic "Aha!"

10

**STRATEGIES FOR
GETTING YOUR
CLIENTS
UNSTUCK**

COURTNEY ARMSTRONG

The Therapeutic Aha 10 Strategies For Getting Your Clients Unstuck

Courtney Armstrong



The Therapeutic Aha 10 Strategies For Getting Your Clients Unstuck:

The Therapeutic "Aha!" Courtney Armstrong, 2015-04-27 A concise guide to shaking things up in therapy Courtney Armstrong's *The Therapeutic Aha* explores the thrilling and rare moment when a client reaches an elusive realization allowing them to make meaningful change In 10 straightforward strategies this practical book demonstrates how to shake things up in therapy when a client is stuck or stalled to jumpstart progress Readers will learn how to spark the emotional brain the part of the brain that houses automatic unconscious patterns and create new neural pathways that engage and advance the healing process Divided into three parts 1 Awakening a Session 2 Healing Emotional Wounds and 3 Activating Experiential Change the book walks readers through specific techniques for harnessing the emotional brain and re-patterning its routine Elegant therapeutic insights and coping strategies only go so far until we intervene with something our emotional brain can understand a compelling felt experience old established neural patterns will persist The brain based strategies Armstrong presents include how to enliven the therapeutic alliance elicit exciting goals identify the root of an emotional conflict reverse trauma with memory reconsolidation invoke inspirational imagery and use stories humor music poetry and even mindfulness to induce change Concise reader friendly and filled with helpful case stories and client therapist dialogue this wonderfully accessible book puts a new spin on neuroscience knowledge showing clinicians exactly how it can be used to make those once elusive therapeutic breakthroughs more frequent leading to greater healing for your patients

Rethinking Trauma Treatment Courtney Armstrong, 2019-06-25 Creating safety hope and secure attachment to transform traumatic memories What makes trauma therapy effective The answers might surprise you While therapists have been bombarded with brain science hundreds of new models and pressure to use evidence based techniques research has demonstrated that the therapeutic relationship ultimately predicts therapy outcomes This is especially true for traumatized clients But what kind of therapeutic relationship Forming a secure therapeutic alliance with traumatized clients is tricky How do you help clients trust you after they've been abused betrayed or exploited How do you instill hope and convince clients who've been devastated by loss to believe that a better life is possible In this accessible guide Courtney Armstrong distills discoveries from attachment theory brain science and post traumatic growth into practical strategies you can use to 1 build trust and a secure therapeutic relationship 2 transform traumatic memories into stories of triumph and courage and 3 help clients cultivate resilience and a positive post trauma identity Packed with dozens of scripts step by step worksheets and inspiring client stories this book gives you tools for each phase of the trauma therapy process and shows you how to Engage and motivate clients based on their attachment style Manage trauma related dissociation anxiety and anger Transform traumatic memories so they no longer haunt your client Work with different types of trauma from sexual abuse to traumatic grief Evoke inner resources for healing and positive emotional states Counter compassion fatigue and burnout so you can thrive as a therapist Merely talking about a traumatic event is not enough because the parts of the brain where traumatic

implicit memories are stored don't understand words Heartfelt relational experiences catalyze brain change and buffer the impact of trauma In this book Armstrong demonstrates that neuroscience is validating what therapists have suspected all along the brain changes through the heart *Prescriptive Memories in Grief and Loss* Nancy Gershman, Barbara E. Thompson, 2018-12-21 *Prescriptive Memories in Grief and Loss* The Art of Dreamscaping introduces a wide range of therapists to a novel strengths based and imaginal practice for helping clients at various points on the grief and loss continuum Grounded in recent empirical research on how the emotional brain encodes new memories this book describes how to create a resource rich prescriptive memory Chapters by internationally recognized authors explore the theory and application of dreamscaping from a transdisciplinary perspective including protocols for use with individuals and groups and guidelines for collaboration with other therapists and professionals Illustrated with full color dreamscape images co created by clients and therapists this is an exciting and innovative guidebook to a new method for cultivating hope and promoting restoration and growth The Art of Creating a Magical Session Paul J. Leslie, 2019-01-10 Recent research has repeatedly confirmed that it is not the technique nor the theory but the interaction between therapists and clients that creates change in clients This practical guide outlines the ways in which psychotherapists can find new methods of moving their therapy sessions toward dynamic healing interactions by shifting away from an overreliance on techniques and theories The Art of Creating a Magical Session discusses the key elements needed to create the interaction conditions for transformational therapeutic change to occur Using a conceptual approach to client transformation the book draws from a diverse range of sources including indigenous traditions and rituals as well as the latest research on the common factors that contribute to success in the therapy room Each chapter focuses on educating and inspiring mental health professionals to easily adapt and apply creative and resourceful approaches to help their own clients begin inner transformations With case studies and narratives woven throughout this accessible guide will support mental health practitioners as they approach their practice in new ways and achieve deeper and more magical therapy sessions It will be valuable reading for psychotherapists psychologists social workers and counselors Spirituality and Religion in Counseling Carman S. Gill, Robert R. Freund, 2018-06-14 *Spirituality and Religion in Counseling* Competency Based Strategies for Ethical Practice provides mental health professionals and counselors in training with practical information for understanding and responding to clients needs using a spiritual and religious framework This work conceptualizes spiritual and faith development in a holistic way using case examples and practical interventions to consider common issues through a variety of approaches and frameworks This is an essential compendium of actionable strategies and solutions for counselors looking to address clients complex spiritual and religious lives and foster meaningful faith development Adult Daughters of Narcissistic Mothers Stephanie M. Kriesberg, 2022-11-01 Everyone has a narcissist in their life and for millions of women it's their mother *Adult Daughters of Narcissistic Mothers* offers proven effective skills drawn from evidence based psychology to help readers maintain

boundaries reduce anxiety build confidence extinguish their critical internal voice stop feeling invisible and live life on their own terms *Single-Session Integrated CBT (SSI-CBT)* Windy Dryden,2016-12-01 Until quite recently therapist training was predicated on the notion that therapy is an ongoing process Single Session Integrated CBT SSI CBT questions this In this book Windy Dryden takes long standing research on SSI therapy and transfers it to the field of CBT in a timely and conceptual application Based on his extensive work demonstrating the benefits of single session CBT to public and professional audiences Dryden has developed a single session approach for work in the therapy and coaching fields Comprising 30 key points and divided into two parts Theory and Practice this concise book covers the key features of SSI CBT It will offer essential guidance for students and practitioners experienced in CBT as well as practitioners from other theoretical orientations who require an accessible guide to the distinctive theoretical and practical features of this exciting new approach **Preparing for Trauma Work in Clinical Mental Health** Lisa Compton,Corie Schoeneberg,2020-09-08

This workbook is a foundational and unique resource for clinicians preparing to work with clients affected by trauma Chapters integrate a holistic understanding of the unique client within trauma specific case conceptualization promote trainees identification of personal values and past experiences that could impact their ability to provide safe and ethical services and offer ways to reduce the risk of occupational hazards such as vicarious traumatization The trauma treatment process is presented within the tri phasic framework which is applicable across settings disciplines and various theoretical orientations Each chapter also provides experiential activities that link the chapter content with clinician reflection and application of knowledge and skills which instructors and supervisors can easily utilize for evaluation and gatekeeping regarding a student s mastery of the content An ideal resource for graduate level faculty and supervisors this book offers a versatile application for mental health related fields including counseling psychology social work school counseling substance abuse and marriage and family therapy Designed for students and professional clinicians this groundbreaking text fills an important education and training gap by providing a comprehensive and enlightening presentation of trauma work while also emphasizing the clinician s growth in self awareness and professional development Single Session Therapy Michael F. Hoyt,2024-07-09 Single Session Therapy A Clinical Introduction to Principles and Practices explores the best ways to use a Single Session Therapy SST mindset to better achieve therapeutic goals This text presents comprehensive ideas and methods on how to make a single session of therapy efficient and effective with individuals couples and families including those of various cultural backgrounds It emphasizes productive mindsets and includes the following topics concepts and methods multi theoretical approaches training various clinical problems and multicultural populations the latest research findings access and implementation Numerous clinical examples from different expert SST practitioners are presented and discussed throughout This book is an essential reference for professionals involved in brief therapy practice research and teaching

Hijas adultas de madres narcisistas Kriesberg, Dra. Stephanie M. ,2025-11-03 Te cri una madre narcisista Esta gu a

esencial te mostrar cómo dejar de sentirte invisible silenciar esa voz interior crítica y comenzar a vivir la vida según tu propio criterio. Creciste con una madre que era controladora o manipuladora. Te maltrató emocional o psicológicamente. Hacía que te sintieras avergonzada, rechazada o como si estuvieras loca. Todo giraba en torno a ella siempre. El hecho de tener una madre narcisista puede dañar e invalidar tu sentido del yo, hacerte cuestionar tus relaciones y provocarte ansiedad persistente, inseguridad, baja autoestima y una voz interna implacablemente crítica. Pero existen herramientas que puedes usar para avanzar con confianza en tu vida adulta. Las habilidades de comprobada eficacia que incluye este libro te ayudarán a sanar las cicatrices derivadas de crecer con una madre egocéntrica y narcisista. Escrito por una psicóloga y experta en narcisismo, Hijas adultas de madres narcisistas ofrece estrategias comprobadas extraídas de la terapia cognitivo conductual (TCC), la terapia dialéctica conductual (TDC) y la terapia de aceptación y compromiso (ACT) para ayudarte a reducir la ansiedad, aumentar la confianza, superar la autocrítica y vivir la vida que mereces. Si creciste con una madre narcisista y aún lidias con los efectos de una crianza tóxica, este libro es tu mapa para sanar el pasado y evolucionar tanto ahora como en el futuro.

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