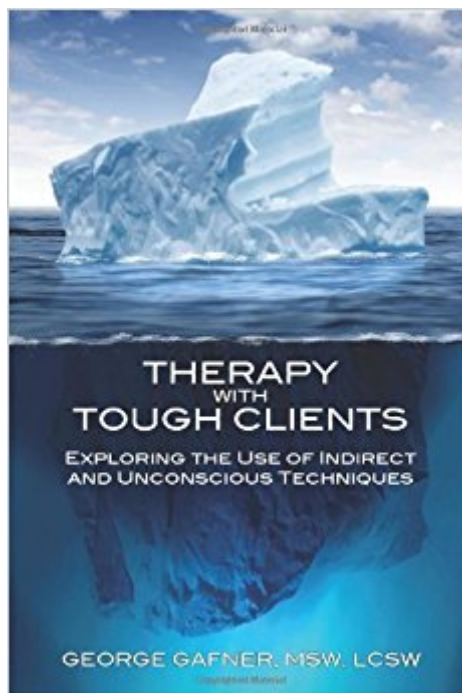




**Ebook Directory**  
the best source of ebook

**The book was found**

# **Therapy With Tough Clients: Exploring The Use Of Indirect And Unconscious Techniques**



## Synopsis

Whether you're fairly new to therapy or if you've practiced for many years, no doubt at times you've found yourself stumped with certain clients who leave you feeling perplexed and discouraged with that "I-just-don't-know-what-to-do-next" feeling. George Gafner has been there and that's precisely why he wrote this book. Faced with the reality that today's cookie-cutter treatment mentality either a) presupposes that all people with, say, depression, can be treated essentially the same way, or b) that these approaches virtually ignore the established fact that a good deal of a person's mental functioning is governed not by conscious choice but instead by automatic, or unconscious, forces that lie outside of voluntary control. The author believes that all therapeutic approaches should be adapted to the unique needs of the individual client, and that the unconscious needs to be heavily considered in any therapy approach. Centered around two fascinating case studies, Gafner discusses concepts and techniques seldom addressed, including the therapist's use of voice, subtle vocal shifts, the pause, the strategic interval of silence, seeding as well as the application of hypnotic techniques within standard talk therapy. He makes the case for integrating ego-strengthening in therapy and advocates ego-strengthening as a "shovel-ready project" and incorporates the use of healing metaphors in therapy. As a strong supporter of evidence-based treatments, he believes that in much of real-world mental health treatment we can't simply follow a manual. We must adapt treatment to the unique needs of the individual, and the more skills and tools we can bring to bear, the better for both us and our clients.

## Book Information

Paperback: 176 pages

Publisher: Crown House Publishing (December 15, 2013)

Language: English

ISBN-10: 1845908783

ISBN-13: 978-1845908782

Product Dimensions: 1 x 6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,415,136 in Books (See Top 100 in Books) #44 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Hypnotherapy #136 in Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy #3430 in Books > Medical Books > Psychology > Counseling

## Customer Reviews

George Gafner, MSW, LCSW recently retired from the Southern Arizona Veterans Affairs Medical Center where he was director of family therapy and hypnosis training. For the past two years he has worked part-time as a mental health counselor at a local prison which holds 2,000 inmates. He is the author of five previous books on clinical hypnosis as well as numerous journal articles.

Gafner does a good job of introducing the reader to Ericksonian approaches, particularly the creative use of stories. I was disappointed, however, with his lack of concrete Ericksonian approaches to PTSD, my main interest (or at least new approaches to PTSD that may have gone undefined in the literature). Anyone with basic experience treating PTSD will be familiar with Gafner's dissertation on PTSD. Also, a bit too much space devoted to reminiscing about cases that seem to bear no clear relationship to the book's thesis or that would be advantageous to the experienced psychologist looking for an edge with "Tough Clients".

[Download to continue reading...](#)

Therapy with Tough Clients: Exploring the Use of Indirect and Unconscious Techniques  
Collected Works of C.G. Jung, Volume 9 (Part 1): Archetypes and the Collective Unconscious: Archetypes and the Collective Unconscious: 9.1 Everything You Experience When Unconscious, Revealed. : The breakthrough documentation of the unconscious human visual experience  
Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials)  
High Paying Clients for Life: A Simple Step By Step System Proven To Sell High Ticket Products And Services (Selling Services: How to sell anything to ... and How to Get Clients for Life Book 1)  
Wow Your Clients: How To Land Clients And Build Long-Lasting Relationships  
The Irresistible Consultant's Guide to Winning Clients: 6 Steps to Unlimited Clients & Financial Freedom  
How to Turn Clicks Into Clients: The Ultimate Law Firm Guide for Getting More Clients Through the Internet  
Chicken Soup for the Teenage Soul on Tough Stuff: Stories of Tough Times and Lessons Learned (Chicken Soup for the Soul)  
Hypnotic Realities: The Induction of Clinical Hypnosis and Forms of Indirect Suggestion  
Indirect Action: Schizophrenia, Epilepsy, AIDS, and the Course of Health Activism  
Indirect Procedures: A Musician's Guide to the Alexander Technique (The Integrated Musician)  
The Language Pattern Bible: Indirect Hypnotherapy Patterns of Influence  
Laryngeal Evaluation: Indirect Laryngoscopy to High-Speed Digital Imaging  
Content Marketing for Lawyers: How Attorneys Can Use Social Media Strategies to Attract More Clients and Become Legal Thought Leaders  
Neuroscience for Coaches: How to Use the Latest Insights for the Benefit of

Your Clients Inside Out: How Conflict Professionals Can Use Self-Reflection to Help Their Clients  
Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy,  
Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral  
Therapy Tradition Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use  
Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage)  
(Natural Health Solutions Book 3) Light Therapy: Teach Me Everything I Need To Know About Light  
Therapy In 30 Minutes (Light Therapy - Season Affective Disorder - SAD - Vitamin D)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)