

Outline

DAY ONE

What do we mean by resistance and stuckness?

Depression, shame, self-loathing
Chronic suicidality or self-destructive behavior
Belief that nothing will work
Difficulty coming to or being present in therapy
Struggles for control of the process

Therapy as a threat, not a refuge

Phobias of vulnerability
Phobias of closeness or being visible
Phobias of abandonment and distance
Trauma-related fear and mistrust

How manifestations of stuckness and resistance reflect animal defenses

Survival responses and strategies
Introduction to the Structural Dissociation Model
Understanding resistance and stuckness as defensive, not offensive

How we interpret resistance may increase, not decrease it

Triggering aspects of psychotherapy
Decreasing the 'threat'
Positively re-framing stuckness and resistance as adaptive
Acknowledging and sharing the dilemma: the client wants help but not at the cost of vulnerability

Using the therapeutic relationship

Navigating the threat of closeness and the threat of distance
Making use of the "social engagement system"
Therapeutic benefits of laughter and playfulness

Live Webinar Schedule - both days

(Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

DAY TWO

Helping clients deconstruct inner conflicts and struggles

Making use of the Structural Dissociation Model in therapy
Helping clients understand internal conflicts as struggles between parts
Using the language of parts to articulate and highlight contradictory behavior
Honoring the parts who defend by resisting

Increasing client ability to observe trauma-related patterns

Introducing mindfulness as a therapeutic tool
Increasing curiosity and interest
Using psychoeducation to challenge existing beliefs and patterns

"Befriending" the resistance

Letting go of our need for the client to change or engage
Facilitating empathy for parts who defend and parts that feel injured
Re-framing resistance and stuckness as "the parts," not the whole of the client
Cultivating compassionate internal relationships

Creative solutions for old and obsolete survival strategies

"Negotiated settlements" with defender parts
Internal soothing and comfort for hurt and fearful parts
Therapeutic support for resistance and acceptance of stuckness
Creating a sense of "we" that includes the parts who collaborate and the parts who resist as well as the therapist

Healing the wounds of the past

Providing 'missing experiences' of healthy attachment
Therapy as a play space: balancing permissiveness and structure
"Being" the therapeutic relationship instead of talking about it
Enjoying the struggles rather than resisting them

Learning Objectives can be viewed at pesi.com/webcast/85097

FREE

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Featuring Janina Fisher, Ph.D.

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2-Day

Transforming Trauma-Related Resistance in Clinical Practice with Janina Fisher, PhD

Live Interactive Webinar

Wednesday & Thursday, June 9 & 10, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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Featuring:
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Internationally-Renowned
Trauma Expert & Author

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2-Day Transforming Trauma-Related Resistance in Clinical Practice with Janina Fisher, PhD

Trauma treatment is invariably complicated by the fact that most traumatic experiences involve incompetence or cruelty perpetrated by other human beings. Thereafter, even loved ones no longer feel safe: they feel threatening.

Coming to therapy is a cry for help, requiring vulnerability.

But being offered help has often come to be associated with powerlessness, manipulation, and humiliation. Even when clients sincerely want something different for themselves, they cannot control the triggering of instinctive survival defenses, nor the fact that each survival response is inherently in conflict with another. Should the client commit to therapy or flee? Combat the therapist's every effort? Or "submit" by coming but not fully participating?

In this workshop, you will **explore the complex relationships between these internal trauma-related conflicts and resistance in psychotherapy.** Using techniques drawn from **Sensorimotor Psychotherapy, Internal Family Systems, and other mindfulness-based psychotherapy models**, participants will learn how to de-code resistance and help clients become aware of their therapy-related conflicts and resistance as a normal aspect of trauma treatment.

What we clinicians often label "resistance" may reflect inherent trauma-related conflicts activated by all forms of treatment and all types of therapists. Resistance can manifest in any of the following ways:

- A passive aggressive 'no' to every therapeutic intervention
- Unchecked self-destructive behavior
- A struggle for therapeutic control
- Desperation for help alternating with resistance to accepting it

Sign up today! You have a chance to become part of the solution instead of part of the problem.

Target Audience:

Counselors · Social Workers · Psychologists · Case Manager · Addiction Counselors
Therapists · Marriage & Family Therapists · Nurses · Other Mental Health Professionals



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Meet Your Speaker

Janina Fisher, Ph.D., is a licensed clinical psychologist in private practice; assistant educational director of the Sensorimotor Psychotherapy Institute; an EMDRIA approved consultant and credit provider; former president of the New England Society for the Treatment of Trauma and Dissociation; and a former instructor, Harvard Medical School. An international writer and lecturer on the treatment of trauma, she is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation and Transforming the Living Legacy of Trauma*. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities. For more information, go to www.janinafisher.com.

Speaker Disclosure:

Financial: Janina Fisher is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Janina Fisher has no relevant non-financial relationship to disclose.

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\$439.99 tuition

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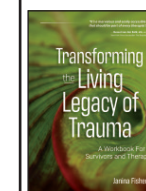
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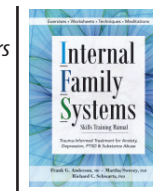
DVD Experience:

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Recommended Reading:



Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists
Janina Fisher, Ph.D.
~~\$29.99~~ **\$22.99***



Internal Family Systems Skills Training Manual
By Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.
~~\$29.99~~ **\$22.99***

*Discount Included with purchase of the Webinar

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