



Overcoming Therapeutic Resistance

Presented by

David Burns, M.D.

Objectives: Participants will be able to describe:

- Startling new research on the treatment of depression
- How therapists cause therapeutic failure
- Outcome Resistance vs. Process Resistance
- Why patients resist therapy
- How to quickly reverse therapeutic resistance

- How to motivate passive & oppositional patients
- How to “sit with open hands”
- How to employ high-speed treatment techniques for depression and anxiety disorders
- How to cement gains with Relapse Prevention Training

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Overview of T.E.A.M. Therapy

- Hostile, critical, mistrustful patients—oppositional patients who “yes-but” you—psychotic, delusional patients—patients who whine & complain—overwhelmingly depressed; anxious; or angry patients
- Anticipating Conflict & Preventing Premature Termination

Overcoming Outcome & Process Resistance for:

- Depression
- Anxiety
- Relationship Problems
- Habits & Addictions

Paradoxical Agenda Sitting

- Invitation, Sitting with Open Hands, Fallback Position

Positive Outcome Resistance Techniques

- Dangling the Carrot, Miracle Cure, Magic Button, Positive Reframing,, Acid Test, Paradoxical Cost Benefit Analysis, Externalization of Resistance, Magic Dial, Devil’s Advocate Technique
- Gentlemen Ultimatum and Paradoxical Inquiry (PI)

Workshop Exercise: A Complex Case

- Patient struggling with loneliness, depression, social anxiety, bitterness, troubled—relationships, and alcohol abuse
- Invitation Step in Paradoxical Agenda Setting

Paradoxical Agenda Sitting

- Specify
- Conceptualization
- Motivation
- Methods

Techniques for High Speed Change

- Paradoxical Double Standard
- Externalization for Voices
- Acceptance Paradox
- Feared Fantasy

Relapse Prevention Training that Really Works

- Feeling Better vs. Getting Better

David Burns, M.D.

Dr. Burns graduated Magna Cum Laude from Amherst College, received his M.D. from Stanford University School of Medicine, and completed his psychiatry residency at the University of Pennsylvania School of Medicine. He has served as Acting Chief of Psychiatry at the Presbyterian/University of Pennsylvania Medical Center (1988) and Visiting Scholar at the Harvard Medical School (1998).

Dr. Burns is currently Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine, where he is actively involved in research and teaching. The graduating residents at Stanford University School of Medicine have named him **Teacher of the Year** three times.

Dr. Burns has received numerous awards, including the Distinguished Contribution to Psychology through the Media Award from the Association of Applied and Preventive Psychology (1995).

In addition to his academic writings, Dr. Burns has written a number of popular consumer books on mood and relationship problems. His best-selling book, *Feeling Good: The New Mood Therapy*, has sold over 4 million copies worldwide.

When he is not crunching statistics for his research at Stanford, he can be found giving workshops for mental health professionals throughout the United States and Canada

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