

What If There's No Such Thing as Client Resistance?

Program Description

Colleague: *"How was the session today with the new client?"* Provider: *"Didn't go so well."*

Colleague: *"How come?"* Provider: *"They are resistant to treatment."* Colleague: *"Oh."*

The experience of resistance during treatment is ubiquitous within our field, often leaving both client and provider frustrated, tired, and unfulfilled. Despite these rather dire consequences, there has been relatively little effort made toward investigating our conceptualization of resistance. Join us for a lively discourse as we deconstruct our conventional paradigm of client resistance and, perhaps, discover ways to soothe this often-times-inflamed domain of our efforts to help others.

Program Objectives

Upon completion of this program, participants will be able to:

- Describe two or more traps related to client resistance.
- Explain two or more tips related to client resistance.
- Outline a revised definition of resistance.

Target Audience

Mental health, substance use and other helping professionals who support clients in making life changes.

Agenda

9:00 AM – 10:00 AM – Traps related to client resistance.

10:00 AM – 11:00 AM – Tips related to client resistance; A new definition of resistance.

Contact Hours

Up to 2 hours

Faculty

Michael McGuire is employed by the University of North Carolina at Chapel Hill School of Social Work as both a Clinical Assistant Professor and the Director of the *Substance Use and Addiction Specialty* program and provides private training and consultation. He is a licensed Clinical Social Worker, Marriage and Family Therapist, and Clinical Addictions Specialist, and is a credentialed supervisor. His areas of expertise include adolescent and family development, problematic substance use, experiential learning, military families, motivational interviewing, Feedback Informed Treatment, clinical supervision, implementation science, ethics, and workforce development. Michael is the author of three unwritten books and hopes to have a fourth book not written soon. He was recently voted the most interesting and humble man in the galaxy.