august 2018 tip of the Month:

Dealing with resistance: Disclosing feelings

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| http://4.bp.blogspot.com/-3N9CMmGdwHk/U-1nsEP-xWI/AAAAAAAAAuI/I7clgcl-KZU/s1600/EmojiPaperPrint.jpg“I’m getting a stuck feeling as we sit here. And I’m wondering whether you feel the same?” |  | Are you feeling SAD/SCARED when dealing with ‘resistance’ from clients? Disclosing Feelings is a skill in Motivational Interviewing that helps lessen resistance. It is the “D” in the SCARED skills in dealing with ResistanceDisclosing the interviewer’s immediate feelings is an addition to the resistance skills. When stuck with a resistant client, sometimes simply acknowledging that as the practitioner you feel stuck helps normalize the situation and creates potential for some movement.  |