

## **Impasse, Intrigue, & Inspiration: Effecting Change through Psychotherapy**

Winter 2022

Deadline for submission: **August 15, 2022**

See **Submission Guidelines on the AAP website, [www.aapweb.com](http://www.aapweb.com), or in any issue of *Voices*.** Direct questions and submissions to the editor, Carla Bauer, LCSW at [crbauer01@bellsouth.net](mailto:crbauer01@bellsouth.net).

People come to therapy to change – or do they? – yet clients often resist that very change.

Ever feel stuck when working with a client? The therapy seems stalled, at an impasse – now what? Perhaps your steady client has hit a plateau and can't seem to move forward. What about that ambivalent one who never quite seems fully invested, or the frustrated client with one foot out the door? How do you motivate that resistant patient who just won't do anything different to change what isn't working in her life? How do you break the impasse and motivate change?

Are you intrigued about the topics your clients talk about – and don't talk about! – wondering why they're paying to talk about *that*? Are you left wondering just what keeps them coming? What about those surprises when your patient buries the lead or drops a major revelation while walking out the door?

For this issue of *Voices*, consider: What have been some of your most challenging moments in psychotherapy? When have you felt stymied, not sure what to do next? When have you been caught off guard by something your client said – whether a door knob moment or an unexpected revelation in session that changed your formulation of the case? What about those moments when you hear, too late, how your words landed on your client's ears with a heavy thud, threatening a conflictual impasse? What inspired breakthrough in such scenarios? What have been your successes and struggles in motivating change? What would you do differently, given a do-over?

Consider: how do such moments of impasse impact your sense of self as therapist, your confidence in your abilities or impact? Consider, too, when you have felt stuck in your own life. How have you broken your own impasses and ambivalence for the change you sought, heeded (or not) your own therapeutic advice, to unstick your own life? How has your own experience informed your work with clients?

Also for consideration: While not specifically a pandemic theme, perhaps this surreal time has brought its own impasses and/or previously unattainable resolutions to former ones?

<p><b>Reminder of submissions guidelines: maximum 4,000 words, submitted in a Word document, 12 pt. font, with author's name excluded from manuscript for blind peer review.</b></p>
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