



## The Heat of the Moment in Treatment: Mindful Management of Difficult Clients (Paperback)

By Mitch Abblett

WW Norton Co, United States, 2013. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Have you experienced the anger, fear, doubt, and frustration that most clinicians feel but rarely put words to? Have you ever overreacted to a client in session or found yourself overwhelmed by the work with that client in your caseload? Are you looking for tools to manage your most difficult clients? Chances are, you re like all other clinicians: At times you play tug-of-war with those in your care. The Heat of the Moment in Treatment is for clinicians looking to explore, reassess, and transform the way they treat their most difficult clients. With carefully designed mindfulness-based exercises, self-assessments, and skill development activities, this workbook helps clinicians understand their own role in therapeutic interactions, as well as how to proactively respond to tough client behavior in ways that improve the prospects for successful treatment. Author Mitch Abblett acts as a sensitive, expert guide, laying out a roadmap for the toughest of clinical encounters that almost all therapists face, whether seasoned or just starting out. His use of relatable metaphors, rhetorical questions, and stories from his own experience allows readers to reflect upon their own...



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