

# Rolling out The Rug of Resistance

Objective: To increase awareness of the concept and presence of resistance in client-team exchanges.

This exercise introduces the concept of resistance, denial, difficult patients, etc. It focuses on the possible reasons why people may be responding in ways that are interpreted as resistant, denying, or difficult, and also in our reactions to these behaviors.

An interactive discussion in which participants consider the nature of resistance, and what responses are likely to increase or decrease it.

It particularly highlights the professional's very active role in responding to and managing resistance.

Expressed Resistance...

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Increase Resistance...

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Decrease Resistance...

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Why do we suppose clients behave in these ways? What might be driving these responses?" How can we try to see things from the clients' point of view?

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