

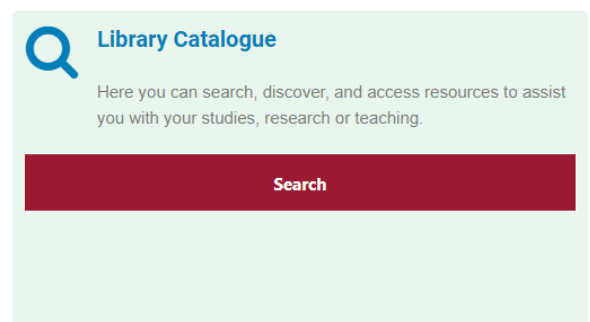
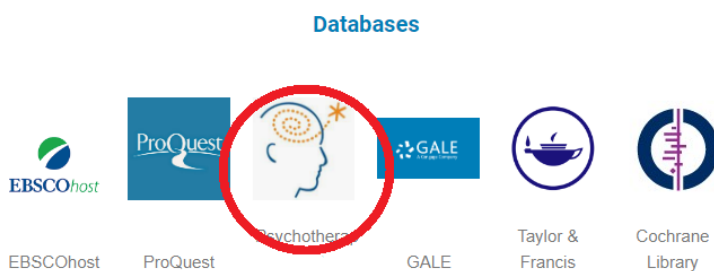


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Experiential Techniques for Deepening Inner Exploration: Part 1



Building Alliance with Defensive, Angry Clients: Part 1



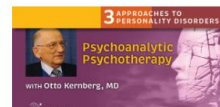
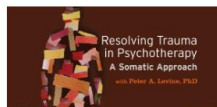
Telehealth: Legal and Ethical Issues



Working Online with Suicidal Clients in the Age of COVID

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4. Click on the video you would like to view:



Experiential Techniques for Deepening Inner Exploration: Part 1



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Telehealth: Legal and Ethical Issues



Working Online with Suicidal Clients in the Age of COVID

- A description is provided
- You can watch the video
- Read/search the transcript

WATCH: EXPERIENTIAL TECHNIQUES FOR DEEPENING INNER EXPLORATION: PART 1
by Victor Yalom



VICTOR YALOM, PhD
Founder & CEO

00:04

Click on any word to play video at that point

Search Transcript...

VICTOR YALOM: In this video, you're going to see me demonstrate some techniques to help clients access and go deeper into their immediate internal experiences so they can discover new things about themselves, new thoughts, new feelings, or new sensations. I think too many hours of therapy are wasted conversing primarily on an intellectual level about things the client already knows, for example, recounting past events, or what they think about themselves, or what they should do about their problems. I also think both client and therapist know when something more than that is happening, those moments when the therapy truly feels alive. But what can you do to bring about more of those moments? Of course, we can ask the client, how do you feel? Or how do you feel right now, and that doesn't often get too far. Or the client might respond, yeah, I'm still feeling kind of bummed about the breakup. You know, I talked to Patricia, and she doesn't want to get back together, and don't know what to do. And you can

Description

Too often precious therapy minutes, hours, or even months are wasted conversing primarily on an intellectual level about things the client already knows or understands about themselves. In contrast, this video will teach you specific experiential techniques to guide and support clients in engaging fully, deeply and emotionally in inner exploration.

In this excerpt from an actual online session, you'll witness Psychotherapy.net Founder Victor Yalom help Valeria quickly and directly move deeper into her concerns in a way that feels alive and productive, and will dispel any doubts about whether experientially-oriented



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