

Telka's Talks—#5 Self-Talk Jan 13 2022

Telka Arend-Ritter Zoom meeting.
Time: Jan 13, 2022 11:30 AM Eastern Time (US and Canada)
Meeting ID: will emailed upon request

Jan 13 talk provided review for past weeks and Q and A regarding use of tools. Most Q and A revolved around client resistance—when clients are given tools, know what they should do but they just don't.

Plan: Leading the session with giving the ball back to the client.; gently, believing in them, knowing they have the answers if they tune in. Ways to unclog the stuck thoughts with motivational, open ended questions:

What would you tell a friend?"

Would you like to role model?

How could you break this down into easier, more attainable steps or goals?

Application of [the Basic Tools](#) to address difficult clients and resistance. [The map](#) and the [4 choices](#) assist with intention. Each week create and review the action plan.

Tools highlighted:

[Should/Could](#) [5 page CBT ladder reframing tool](#) [ADHD inventory](#) [ACOA Laundry List](#)

Recommended review of notes in the [Training/Telka Talks](#) section of my site, specifically addressing resistance in clients, FAQ #3 and #8.

For the review on helping clients who may be stuck in anger—[review the materials from the anger topic week.](#)