



# **Working Through Setbacks in Psychotherapy: Crisis, Impasse and Relapse (Professional Skills for Counsellors)**

*Rob Leiper, Rosemary Kent*

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Counsellors and psychotherapists often encounter difficult situations with clients for which they feel ill prepared. At any stage in the process a client may experience a crisis or set back in their progress or simply be unable to move beyond a certain point. **Working through Setbacks in Psychotherapy** is therefore intended to help therapists respond to such events which form major obstacles to the successful development and maintenance of the therapeutic relationship.

The authors present a framework for understanding the problems that arise and offers effective guidance for working through difficult situations which test the skills of even the most experienced practitioners. Until now little has been written about the

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