

TREATMENT RESISTANT SYMPTOMS

Tired of going to therapy and feeling like you are going nowhere? Have you been to multiple providers and felt like progress was fleeting?

Sometimes, this can be one's experience in treatment. A few things are vitally important to keep in mind when this happens. First, what is your goal in therapy? Is it to reduce the symptoms? Is it to lessen the frequency of the cycle? Often times, "treatment resistant symptoms" fall under the notion of reducing symptomology. The true commitment and long lasting "success" of therapy, however, occurs when symptoms have reduced **and** the understanding behind the cycle is explored and interrupted. Many times, therapy will end or frequency of sessions wane when symptoms have lessened. A problem arises with "treatment resistant symptoms" when the second part of therapy, the cycle, is not explored.

Secondly, transparent commitment of the therapist and client is needed to remain invested. The therapeutic relationship is unique to any other relationship one would have. It is an imperative component to the unveiling of treatment resistant symptoms. The use of the trust that is developed over time in the therapeutic relationship allows, often for the first time, vulnerability and "sitting" with very difficult, uncomfortable emotions. It offers one to be challenged on their thoughts, feelings, behaviors and often without the intense fear of rejection and/or abandonment that many of us fall victim to in our personal life. Therefore, when the fit of clinician and client works, the process of tackling the "treatment resistant symptoms" has opportunity for great success.