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## Inspired Journeys: Overcoming Adversity and Thriving

### Archives Available

**September 03rd 2013: When Psychotherapy Doesn't Work: Why it Happens and What to do About it**

In this hour we will explore the many reasons why psychotherapy might feel ineffective, leading people to terminate from the process prematurely or to seek out treatment somewhere else. We will look at the "cognitive and emotional" baggage that some clients bring in to the therapy process, which leads to preconceived notions and assumptions about the therapeutic relationship and the value of therapy itself. We will also explore the role that the therapist plays in rendering therapy ineffective, including getting triggered, imposing their own agenda, not having the appropriate skill set or not

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