

Adlerian Strategy with Difficult Clients

Steve Slavik & Russell King, editors

The May & October 2007 issues of
The Canadian Journal of Adlerian Psychology

These two volumes describe the planning, the strategy, or the art of psychotherapy with difficult clients (modelled by *The Diagnostic and Statistical Manual of Mental Disorders*) in an Adlerian conceptual context. Its goal is to describe an Adlerian strategy for clients that can be enacted creatively in many ways, depending on the need of the client, the inclinations of the therapist, and the circumstances of the therapy. The text defines *strategy* and separates it clearly from *process* in therapy, describing how to use an Adlerian framework to conceptualize the difficulties that clients face and to formulate strategy for their solutions. Through case examples, it demonstrates how to use strategy in therapy with clients who have little trust in others or in therapy. The chapters are written by experienced Adlerian therapists who have provided case examples from their own practice.

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