

Why Clients Don't Change

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Reasons:

- A Neurological Condition: Affecting Executive Functions & Social Skills
- Cognitive Impairment
- Underlying Mistaken Beliefs From Childhood Creating Blocks to Change
- The Goals Of The Client & the Worker Are Not Aligned
- A Very Few That Just Don't Want To Change

Universal Needs

- Everyone Wants to Belong in Their Family & Community
 - Everyone Wants to be Worthwhile & Significant
 - Everyone Wants to Feel Safe & Secure In Their Environment
-
- **WHAT HAPPENS IF THIS IS CHALLENGED IN CHILDHOOD?**

Three Major Challenges

- **ABUSE:** Emotional, Physical, Sexual Seen or Experienced
- **NEGLECT:** Physical or Emotional
- **SPOILING (PAMPERING):** Parents Give In To Children & Always Give Them What They Want. Lack of Discipline

ALFRED ADLER SAID THAT

- **Children Develop Beliefs About Themselves, Others and the World Before the Age of Six. Neuroscience Now Agrees.**
- **BELIEFS THAT STATE:**
 - I AM
 - I SHOULD BE OR DO
 - PEOPLE, MEN OR WOMEN ARE
 - LIFE IS/THE WORLD IS
 - ETHICS/VALUES

Children are Very Good Observers, but Very Poor Interpreters

Consequently, They Often Develop Mistaken Beliefs

EXAMPLE

VICTIM

- Helpless
- Powerless
- No Control

PERSECUTOR

Attacks or Abuses
Overpowers Others
Controls Others

- **POSSIBLE MISTAKEN BELIEFS**

There are two kinds of people, victims and abusers, so...

- I am a victim and others are persecutors or
- I don't want to be a victim so I will be a persecutor
- People (Men/Women) are Persecutors
- I should never trust people (men or women)

THE RESULT

From the time the belief is established

This person acts as if the belief is true

Until the belief is challenged

**THE CONSEQUENCE: Discouragement, Failure and a
Lifetime of Problems**

The Main Event & The Sideshow

THE MAIN EVENT

- WORK LOVE COMMUNITY
- SELF AND SPIRITUAL OR COSMOS

THE SIDE SHOW

THE CREATIVE SOLUTION: AN EXCUSE

To Avoid the Failure Expected in The Main Event

THE WAY BACK

- Build feelings of belonging, significance and worth as well as safety and security.
- Create understanding of the mistaken beliefs from childhood and help them to revise the beliefs.
- Give lots of encouragement
- Help them take baby steps to change
- Help them develop their social interest
- CELEBRATE EVEN SMALL IMPROVEMENTS

AS A RESULT

- The client can solve problems using common sense rather than as done previously with private logic based on mistaken beliefs.
- The client will gradually move away from excuses and toward functioning in all the tasks of life, the main event.

PASSING IT ON

**WITHOUT HELPING THE CLIENT TO CHANGE
MISTAKEN BELIEFS**

**THE BELIEFS CAN BE PASSED ON FROM
GENERATION TO GENERATION**

Changing Beliefs

Adlerian Psychology teaches:

- To help clients change, help them identify their mistaken beliefs
- Then they can change the beliefs that are keeping them stuck

**For training & consulting services contact Susan @
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The Negative & Positive Cycle

From Triggering Event
To a Changed Belief

For More Information

**For More Information About Adlerian Psychology or Identifying
and Changing Mistaken Beliefs**

North American Society of Adlerian Psychology Conference

May 12-14th,

Special One Day Social Work Track

North American Society of Adlerian Psychology (NASAP)

www.alfredadler.org

Courses at Adler Graduate School

www.alfredadler.edu

POST TEST

- What is the primary reason that clients don't change.
 1. They don't want to do the work to change
 2. Their mistaken beliefs keep them stuck
 3. They aren't capable of changing
 4. An incompetent mental health worker

Which of these is not a universal goal

1. The desire to belong
2. The desire for significance and worth
3. The desire for self actualization
4. The desire for safety and security

Mistaken beliefs of childhood are in regard to:

1. Beliefs regarding self concept
2. Beliefs regarding self ideals
3. Beliefs regarding others and life
4. Beliefs regarding all of the above

The biggest reasons for mistaken beliefs

1. Abuse, neglect and pampering
2. Lack of proper parenting
3. How children are treated
4. A chaotic environment

What does neuroscience say is necessary to re-wire the brain

1. Medication
2. It can't be re-wired
3. Constant, conscious repetition
4. Long term therapy

Answers:

1-2

2-3

3-4

4-1

5-3