



## Outline

Noteworthy practitioners' experience with and learning from therapy failure:

1. James Bugental
  - a. Successful therapy requires therapist to confront client despite our fear of their anger, disappointment, or of losing client
2. Richard Fisch
  - a. Pay attention to client's sensibilities, values, and frames of reference
3. Clark Moustakas
  - a. Therapeutic errors can occur when therapist persists in using a technique or methodology not helpful to the client's sensitivities
4. John Gray
  - a. Bad therapy occurs when client emotional venting is considered the goal rather than seeking resolutions and fostering communication
5. Jeffrey Kottler
  - a. Ensure you know the difference between good and bad therapy
6. Various lessons learned from bad therapy
  - a. Overconfidence, arrogance, and believing we know what others should do can yield bad therapy
  - b. Establish and uphold boundaries on referrals
  - c. Be aware of pervasive countertransference
  - d. Be willing to examine and acknowledge therapeutic mistakes through honest self-reflection
  - e. Know your limits and be honest with yourself when not being therapeutically successful
7. Seven most common cognitive errors in making boundary-crossing decisions
8. Recommended steps to assess whether a boundary crossing will be beneficial or harmful
9. On being a reflective therapist











Spirituality in Clinical Practice □ Counseling and  
Psychotherapy: An Integrated, Individual Psychology □  
Approach □ Adlerian Counseling and Therapy □ Cognitive  
Behavior Therapy of DSM IV Personality Disorders □  
Handbook of Diagnosis and Treatment □ Treatment Outcomes  
in Psychotherapy □ Marital Therapy: Integrating Theory and  
Technique □ The Disordered Couple □ The Intimate Couple □  
Brief Therapy With Individuals and Couples □ Health  
Counseling □ Aging in the 21<sup>st</sup> Century □  
WHDFQWWDLYHVLWL □ OLDPLQREGD □  
DHJDWLYHWHDSRWERPHEVWRSHVQVWHHLWH □  
FOLHWRWHDSLWLVGLPLLHGEWHHSHLHEHWHHIRH □  
WHSDWHLRSRWRERPHLVGHWHPLHGEWHSHHWSLWRVR □  
ERWSDWLELSDWVORERYHVLJDWHDWPHWLRW □  
VRGEDVLVHVLQWLJLEOLHWDPREHDPSONVLOLL □  
EJHVLYHWHDSLHVWGLGLYLGDOVODELJDERHVLYH □  
VHOISHVHPVEDGWHSWLVWHHDEHVRPHELV □  
RIWHSWDWDHSDWLFODOLQOYLHGHVSHFLDOOL □  
VLWDWLVHOLHWVDHYQHDEOHDRWDEOHWRPDH □  
LIRPHGERLHFVDERWHLSDWLFSDWLRHEHOLHYHVVDW □  
VSHFLILFVHDWPHWPRGDOLWLHVVRQGRWEHVHGLWLGHV □  
GLVRGHVHHDVWVSHVDHPRHOLHOREHIDYRDEOH □  
VWHDSLVWWRVTOHHOVWDSFVWLRHVVROGRQVH □  
WHDWPHVVDWDFEOLLFDOORGRVFLHWLILFDOOVSSR □  
EHFDVHDERYHDOOHVROGRRRDBHVVVDWV □  
VRPHRHLVWHPLGVWRVWDPDDG,PLVD □  
HSORDWRVJHVLYHWHDSVHHHSHREHVVLVYH □  
SLPLWLYHGDPLEVWRVHSRLVHWHHEOLHW □  
GHERPSHVVDWHVVDGLGLYLGDOVPLJWRVWYHYVHRRG □  
GHHVHVVDGERGDLHVWVWVTRVWHEROGVDFH □  
DORVWLPVWREFRYHTRPVDWVRVRIWHDWPHV □  
VRVRPDLVSRREOLLFDOMGJPHVVEDQHDGWR □  
WREOH □  
□ HSHVRDOEDVHRIODHGWHDSRSHRFFHG □  
GVLVSVFEDWLFHVVLGHEWDPDOHERGHOLH □  
LGLYLGDOLDLSDWLHVJRSDWLHWEHFDPHHJHG □  
RYHDIDWHVHSHRIVWDWPHVESHGGEVWRRG □  
SDGDEFHGLDWDWHLJPDHWRDGS □  
HDSLWRSHGDERWHDSLVWROGLWVHVHWRHWDOLH □  
WVVDVHHEHGHIOHEVWHDJHVVLRDGHIREVWEJRS □  
EVVHDVIRHVDVSH □ HEDOOHGHVHOWVH □  
DVHOOROGVGRVLDVROGVVLDWVRVD □  
VLOWLVTEODPHGGRVHOWHOSOHVGLWVRRD □  
YHORVWLPVHTRVVDJHVVRVVERVHV □  
FRVWLVWHGEDGWHDSRSHHFDVHVVDVVRV □  
WHDSHVLFVRSDWLHWDGERVWHDSLVWVHOWVDPDVLH □  
WHHERVHVWHHPHGVDWDOOPHSHLHEHVD □  
VRLQDHWVHEOLHWGREHFDVHGLGVRRVR □  
DGOHVVLWDWLRDGRVREHHSIO □ □





















## FAMOUS THERAPIST ERRORS II

- of lawsuits. Retrieved August 15, 2007, from <http://www.law.com/jsp/article.jsp?id>.
- Jenkins, J., Hildebrand, J., & Lask, B. (1982). Failure: An exploration and survival kit. *Journal of Family Therapy*, 4, 307-320.
- Kantor, M. *Problems and Solutions: A guide to psychotherapy for the beginning psychotherapist*. New York: Praeger Publications, 1990.
- Koocher, G. P., & Keith-Spiegel, P. (2008). *Ethics in psychology and the mental health professions*. New York: Oxford University Press.
- Kottler, J.A., & Blau, D.S. (1989). *The imperfect therapist: Learning from failure in therapeutic practice*. San Francisco: Jossey-Bass.
- Kottler, J.A. & Carlson, J. *Bad therapy: Master therapists share their worst failures*. New York: Brunner-Routledge, 2003.
- Kraman, S. S., & Hamm, J. (1999). Risk management: Extreme honesty may be the best policy. *Annals of Internal Medicine*, 131, 963-967.
- Lambert, M. J., & Ogles, B. M. (2004). The efficacy and effectiveness of psychotherapy. In M. J. Lambert (Ed.), *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change* (pp. 139-193). New York, NY: John Wiley & Sons.
- Pope, K. S., & Vasquez, M. J. T. (2007a). 18 basic steps in ethical decision-making. Retrieved August 20, 2007, from <http://kspope.com/memory/ethics.php>.
- Pope, K. S., & Vasquez, M. J. T. (2007b). *Ethics in psychotherapy and counseling: A practical guide* (3<sup>rd</sup> ed.). San Francisco: Jossey-Bass/Wiley.
- Pope, K. S., & Keith-Spiegel, P. (2008). A practical approach to boundaries in psychotherapy: Making decisions, bypassing blunders, and mending fences. *Journal of Clinical Psychology: In Session*, 64 (5), 638-652.
- Powles, D. (1987). Me get sued -Are you kidding? *Psychiatric Times*, 1-7.
- Rippper, V., & Williams, R. (1985). *Wounded healers: Mental health workers' experience of depression*. New York: Wiley.
- Robbenolt, J. (2003). Apologies and legal settlement: An empirical examination. *Michigan Law Review*, 102, 460-516.
- Robertiello, R.C., & Schoenewolf, G. (1987). *101 common therapeutic blunders: Countertransference and counterresistance in psychotherapy*. Northvale, NJ: Jason Aronson.
- Rubin, S. S. (1986). Ego-focused psychotherapy: A psychodynamic framework for technical eclectic. *Psychotherapy*, 23 (3), 385-389.
- Van Hoose, W. H., & Kottler, J. A. (1985). *Ethical and legal issues in counseling and psychotherapy: A comprehensive guide*. (2<sup>nd</sup> ed.). San Francisco: Jossey-Bass.
- Watzlawick, P., Weakland, J. H., & Fisch, R. (1974). *Change: Principles of problem formation and problem resolution*. New York: Norton.

## TEST - FAMOUS THERAPIST ERRORS II

### 6 Continuing Education Hours

Click the link “California MFT/LCSW/LEP/LPCC Answer Sheet” on Home Page, then follow the prompts, which include making your payment, transferring your test answers to the online answer sheet, and printing your certificate immediately.

Passing is 70% or better.

For True/False questions: A = True and B = False.

1. **Robertiello and Schoenwolf did not divide the mistakes of beginning therapists into technical and unconscious errors.**  
A) True B) False
2. **Arthur Freeman learned to not miscalculate the power of significant others in a client’s life.**  
A) True B) False
3. **Scott Miller learned to be sensitive of when his knowledge, ability, or connection with client was not likely to lead to better results.**  
A) True B) False
4. **Michael Hoyt advises counselors to note if there is a pattern to their impasses or failures and then take responsibility for the required improvement.**  
A) True B) False
5. **Michele Weiner-Davis believes that there is no such thing as therapy-failure, instead, there is just useful feedback on what to do next.**  
A) True B) False
6. **Thinking that a boundary crossing that is helpful for one client is beneficial to all clients is not an example of a potential cognitive error in making boundary-crossing decisions.**  
A) True B) False
7. **In Pat Love’s bad therapy case, deeper analysis revealed that therapist did not listen to her intuition that whispered to see the whole family and not just the father and daughter.**  
A) True B) False
8. **A very common error among beginning therapists is assuming too much responsibility for the client’s “cure.”**  
A) True B) False
9. **Therapy failure can be disturbing to beginning therapists unless it is used as a learning experience and kept in perspective.**  
A) True B) False
10. **Albert Ellis advised clinicians to be more forgiving of their mistakes and to use self-talk to combat their irrational beliefs.**  
A) True B) False
11. **Deducing the causes of failure in therapy is \_\_\_\_\_.**  
A) difficult  
B) too time-consuming to justify  
C) generally, not worth the time  
D) always easy
12. **Clark Moustakas indicates that therapeutic errors often occur because therapists \_\_\_\_\_.**  
A) offer insufficient paraphrasing and summarizing  
B) persist in using a technique that is not helpful to the sensitivities of the client  
C) do not establish good eye contact  
D) lack self-assertiveness
13. **John Gray believes that bad therapy occurs when anger and pent-up feelings are released at the expense of \_\_\_\_\_.**  
A) good paraphrasing  
B) assertiveness skills  
C) seeking resolutions and fostering improved communication  
D) therapist values
14. **Jeffrey Kottler suspects that therapists periodically “leave their sessions for a period of time” and escape into a fantasy world due to \_\_\_\_\_.**  
A) boredom  
B) laziness  
C) their own personal issues  
D) all of the above

Continuing Psychology Education Inc. is approved by the California Association of Marriage and Family Therapists (CAMFT # 1000067) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Continuing Psychology Education Inc. maintains responsibility for this program/course and its content. This course, Famous Therapist Errors II, meets the qualifications for 6 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

## FAMOUS THERAPIST ERRORS II

15. **Couple's assessments of marital therapy deem the therapy experience as lousy when therapists \_\_\_\_\_.**
- A) are unclear about expectations
  - B) are not empathic or understanding
  - C) do not keep things safe
  - D) all of the above
16. **John Norcross admitted that his bad therapy case was \_\_\_\_\_.**
- A) a beginner's mistake of not monitoring his countertransference better
  - B) due to external variables beyond his control
  - C) entirely the fault of client
  - D) not potentially manageable by any therapist
17. **Len Sperry learned to \_\_\_\_\_.**
- A) avoid difficult clients
  - B) ensure each cotherapist has clear expectations for one another and will support the other if needed
  - C) manage therapy time better
  - D) interpret client non-verbal communication
18. **To Scott Miller, one type of therapy failure occurs when \_\_\_\_\_.**
- A) therapy sessions conclude before 50 minutes have elapsed
  - B) managed care becomes overly-involved
  - C) client improvement is not a function of the therapy
  - D) fees are not congruent with services
19. **To Richard Stuart, the main cause of bad therapy is \_\_\_\_\_.**
- A) poor client listening-skills
  - B) lack of therapist empathy
  - C) therapist not acknowledging limits of competency and attempting to "provide every service sought by clients"
  - D) excessive client anxiety
20. **Arthur Freeman believes that therapeutic narcissism involves \_\_\_\_\_.**
- A) overconfidence
  - B) arrogance
  - C) believing we know what others should do
  - D) all of the above

Click the link "California MFT/LCSW/LEP/LPCC Answer Sheet" on Home Page, then follow the prompts, which include making your payment, transferring your test answers to the online answer sheet, and printing your certificate immediately.

Press "Back" to return to "California MFT LCSW/LEP/LPCC Courses" page.

Copyright © 2021 Continuing Psychology Education Inc.