



# Further reading

Irwin Hirsch. *Coasting in the Countertransference: Conflicts of Self Interest between Analyst and Patient* (2011)

William Miller & Stephen Rollnick. *Motivational Interviewing: Helping People Change* (2012)

Mark Epstein. *Thoughts without a Thinker* (2013)

Anders Ericsson. *Peak: How all of us can achieve extraordinary things* (2017)



# Reflective questions

1. According to the research referenced in the workshop, what percentage of clients say they want a more directive, challenging and therapist-led approach? What implications does this have for your practice?
2. List the two reasons given in the workshop why therapists or counsellors might be reluctant to challenge their clients. Can you think of other reasons?
3. List an example of challenge, from one of the 12 covered in the workshop, which you might be able to put into practice with your clients in the next week or two.