

Stuck

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Purpose

The purpose of this strategy is to help clients who are stuck with a powerful belief that some personal attribute or situation is unchangeable, despite their strong desire for it to be changed.

Description

When a client is blocked in thinking or with their emotions it can be really tough trying to find a way forward. It can be really powerful to experiment with physical movement to get the desired mental and/or emotional movement.

Process

If the conversation has highlighted that there is resistance to change yet the client has expressed they want to do something different, suggest an experiment. Keep the explanation brief – perhaps restrict it to something like: ‘I can hear you are stuck and I wonder what it would be like if we tried to explore how you might shift your thinking with movement?’. Or: ‘I have an idea that might help you – shall we give it a go?’.

First of all, invite the client to stand up and look around the room to become familiar with it. Ask them to go somewhere in the room and find a place where they can feel stuck. Let them do this and then help them to explore their

stuckness. What does it feel like to be stuck there? What else might they notice about being in that place? When there is nothing else for them to explore about being stuck, invite them to move to somewhere where they are going to imagine that they are free of the attribute or situation that is preventing them from being as they wish to be.

In the new place ask them to imagine that they no longer have the limiting attribute or situation. 'What is different about you in this place?' 'What do you know in this place that you didn't know in the other?' 'What advice would you give to the person stuck in the other place?' You are likely to notice a change in the individual with more energy and as that happens you might like to ask: 'So what do you need to do now in order to become the person you want to be, or get the outcome you want?'. The client is likely to have some ideas as something will have shifted in them with the specific situation.

Pitfalls

None.

Bibliography

Joyce, P. and Sills, C. (2001) *Skills in Gestalt Counselling and Psychotherapy*, London: Sage Publications.