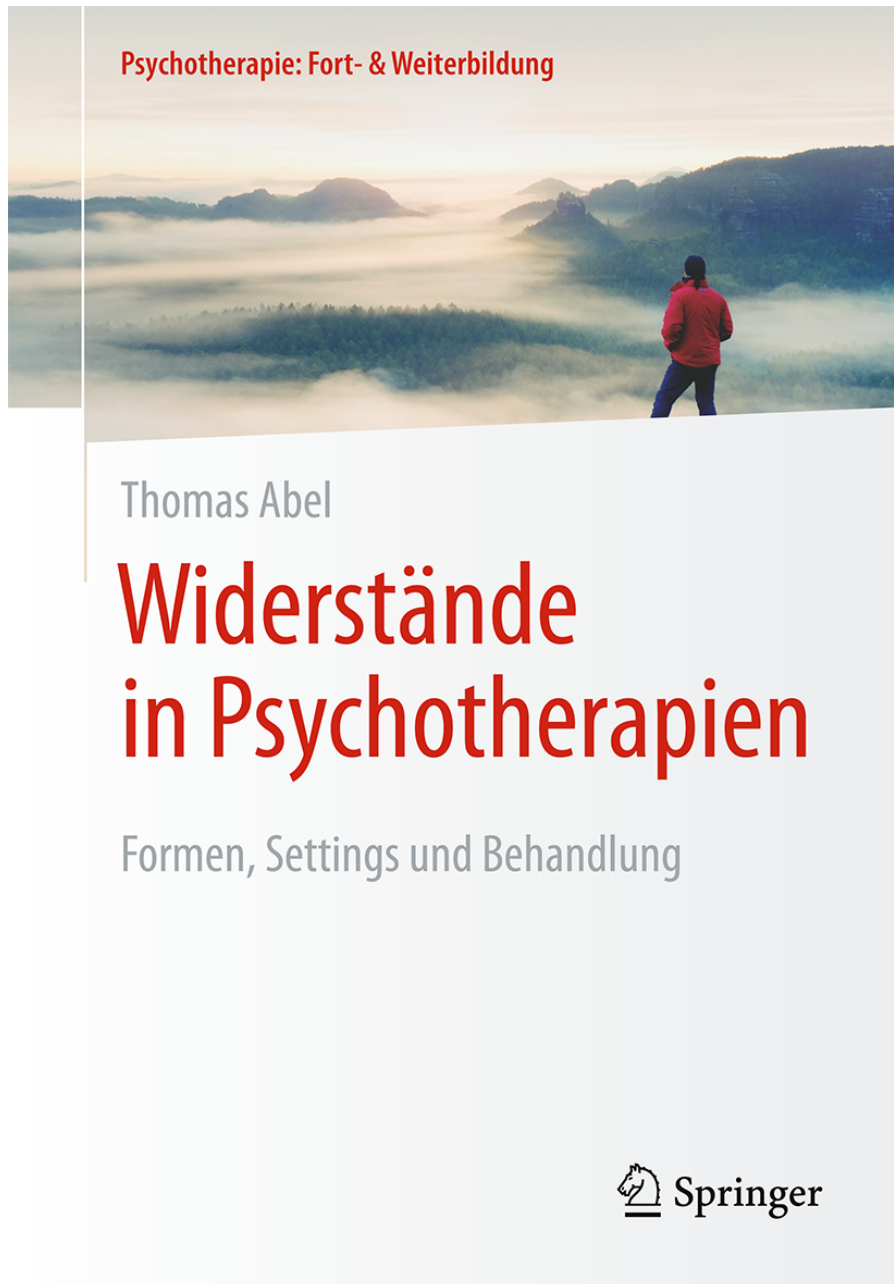


Resistances in psychotherapies

Forms, settings and treatment

Zoom lecture series by Thomas Abel



Patients undergo psychotherapy because they are suffering from distressing symptoms or relationship problems and want to change something. At the same time, changes are frightening from the very first step: on the one hand, they call into question the psychological balance that has usually been painstakingly achieved. On the other hand, many abysses that patients have to overcome on their path of development are still shrouded in fog. This is why patients put up various resistances to the therapeutic change process right from the start.

The lecture series and the book show which concepts individual therapy methods have of resistance and what resistance means in psychotherapeutic but also somatic treatment (compliance). The eight forms of resistance that psychoanalysis distinguishes are presented in detail using case vignettes. It is made clear why the rule applies in psychodynamic therapies: “Resistance processing before content processing” and why therapies of all directions can fail due to resistance that is not understood and not processed.

The lecture series is aimed at licensed psychotherapists, participants in training and further education, students of various subjects, but also anyone interested in modern psychotherapy.

The lectures take place free of charge in German on Wednesdays, from 20:00 to 22:00, via Zoom using the following link:

<https://us02web.zoom.us/j/6549320200?pwd=alRpVnlkQWNYTUdEMXZFa2tPKzJ4QT09>
Meeting-ID: 654 932 0200

Identification code: 06051856 (Freud's birthday, of course)

Certification: Berlin Chamber of Psychotherapists - 2 FE per evening. Participants in training and further education receive certificates of attendance for their institutes.

Date	Topic
10.09.2025	Compliance, prevalence and distribution of mental illnesses, effectiveness of psychotherapy methods, supply situation with therapists, origin and development of the term resistance, forms of resistance
08.10.2025	External and internal frame resistances
05.11.2025	Resistance through defense mechanisms
03.12.2025	Transference resistances, guilt and shame as superego and ego ideal resistances, the old familiar as ego resistance
07.01.2026	Morbid gains, structure-specific resistances, counter-transference resistances

Speaker of the lecture evenings and author of the book to be published in 2025 is Thomas Abel. He is a psychological psychotherapist, psychoanalyst, trauma therapist, therapist in transference-focused psychotherapy, group analyst, supervisor and training analyst (DGPT). He has his own practice in Berlin and teaches as a lecturer at various training and further education institutes.

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