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### **Courtney Armstrong: Suggested Podcast Interview Questions**

#### *The Therapeutic “Aha!”: 10 Strategies for Getting Your Clients Unstuck*

1. Courtney, tell us about the “Aha!” moment that compelled you to write this book.
2. What does it mean to be stuck? Can you give us an example?
3. Your book is divided into 3-parts. The first part is called “Awakening a Session” Give us an example of a strategy from this section.
4. The next part of the book guides the reader in how to resolve internal conflicts that keep clients stuck. Tell us about how you do that.
5. In the last section, you lay out ways to use imagery, story, music, movement, and play to create deep change.
  - a. Give us an example how you might use play and humor with a client to get him unstuck. Or...
  - b. You talk about crafting Superhero stories. Give us an example of how this helped one of your clients.
6. Courtney, I understand you have special gift for our listeners, where can they go to get that and find out more about you and your book?