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illustrate hundreds of
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from actual sessions,
showing how to understand
patients and how to
intervene effectively. The
book provides clear,
systematic steps for
assessing patients' needs
and intervening to develop
an effective relationship
for change. Co-Creating
Change presents an
integrative theory that uses
elements of behavior
therapy, cognitive therapy,

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Therapy-focused techniques,
psychoanalysis, and
mindfulness ...

Co-Creating Change:
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Techniques ...

Co-Creating Change:
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Techniques. Written for
therapists, Co-Creating
Change shows what to do to
help "stuck" patients (those
who resist the therapy
process) let go of their
resistance and self-
defeating behaviors and
willingly co-create a
relationship for change
instead.

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showing how to understand
patients and how to

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Therapy Techniques. The book provides clear, systematic steps for assessing patients' needs and intervening to develop an effective relationship for change. Co-Creating Change presents an integrative theory that uses elements of behavior therapy, cognitive therapy, emotion-focused therapy, psychoanalysis, and mindfulness ...

Co-Creating Change,
Effective Dynamic Therapy
Techniques ...

Written for therapists, Co-Creating Change shows what to do to help "stuck" patients (those who resist

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Therapy Techniques) let go of their resistance and self-defeating behaviors and willingly co-create a relationship for change instead. Co-Creating Change includes clinical vignettes that illustrate hundreds of therapeutic impasses taken from actual sessions, showing how to understand patients and how to intervene effectively. The book provides clear, systematic steps for assessing patients ...

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technique is illustrated
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an invaluable source book
for all therapists wanting
to do work that is highly
collaborative and deeply
affecting.

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prize in psychiatry at the
british medical association
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hundreds of therapeutic
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sessions showing how to
understand patients and how
to intervene effectively

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Co-Creating Change provides
clear systematic steps for
assessing patients' needs
and intervening. Every

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Technique is illustrated with a clinical vignette. The vignettes--representing hundreds of therapeutic impasses taken from actual sessions--show the therapists what to say so they can - Assess and respond to patients' need moment by moment. ...

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dynamic therapy techniques
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cognitive therapy emotion
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