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(mostly for newer writers)

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Why? | Stan Tatkin | TEDxKC

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What to do when Anxiety

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Regulation Does not work!

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EVERYTHING!) *Wix Tutorial*

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systematic steps for
assessing patients' needs
and intervening to develop
an effective relationship
for change. Co-Creating
Change presents an
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Therapy, cognitive therapy,
emotion-focused therapy,
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help "stuck" patients (those
who resist the therapy
process) let go of their

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resistance and self-
defeating behaviors and
willingly co-create a
relationship for change
instead.

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Change presents an integrative theory that uses elements of behavior therapy, cognitive therapy, emotion-focused therapy, psychoanalysis, and mindfulness ...

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Written for therapists, Co-
Creating Change shows what
to do to help "stuck"
patients (those who resist
the therapy process) let go

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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

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