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and keep an effective focus that leads to change. - Help regulate patients' anxiety. - Teach patients to see and let go of their defenses. - Help patients stop resisting and start collaborating in therapy. - Facilitate patients who uses treatment-destructive...

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cases, therapists must build their psychological capacity to stay self-aware, attuned, and clinically flexible while having strong reactions.

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Frederickson's Co-Creating Change is the best book written on how to practice psychotherapy in many years. This is a masterpiece on conceptualizing and conducting highly effective dynamic psychotherapy.

