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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

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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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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. *Co-Creating Change* includes clinical vignettes that illustrate hundreds of

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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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