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**Psychotherapy - Core Tasks with
Donald Meichenbaum, Ph.D. —**

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Grief Counselling: 3 Techniques

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“EXPERT” THERAPISTS DO 1.

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Develop a collaborative therapeutic relationship/alliance and help the patient "tell" his/her story. After listening attentively and compassionately to the patient's distress and "emotional pain," help the patient identify "strengths" and signs of resilience. "What did he/she

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Miller, S.D., Hubble, M.A., Chow, D.L., & Seidel, J.A. (2013).

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Dr. Donald Meichenbaum identifies the core qualities that distinguish expert therapists. This is a short segment from a 2-day seminar Dr. Meichenbaum presented in June 2015. The full program is ...

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