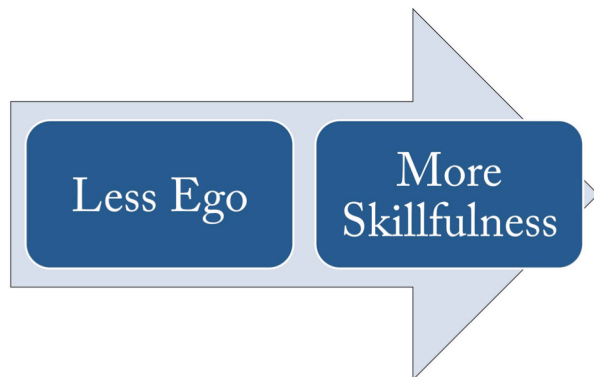
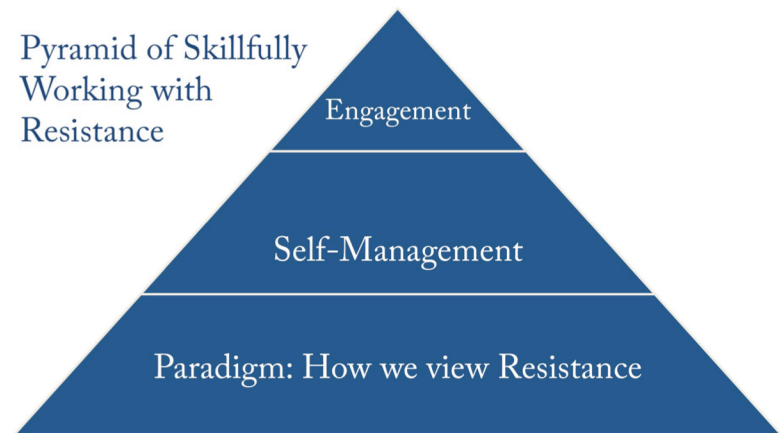


Working with Resistance

Summary and References Page

Resistance is a protective mechanism; something to be worked **with**, not eliminated

Pyramid of Skillfully Working with Resistance



1) Base Level: How we view resistance

- Psychological “armor” or “space suite” to survive in context. A form of protection

2) Self-Management

- TAP method (take a breath, acknowledge both self-experience and resistance as protection, proceed with intervention)

3) Engagement

- Leadership-based interventions
- Blending interventions
- Authentic Communication interventions

References

Bugental, J. F. T., (1998). *Psychotherapy isn't what you think: Bringing the psychotherapeutic engagement into the living moment*. Phoenix, AZ: Zeig Tucker.

Kornfield, J. (2009). *The wise heart: A guide to the universal teachings of Buddhist psychology*. New York, NY: Bantam Books.