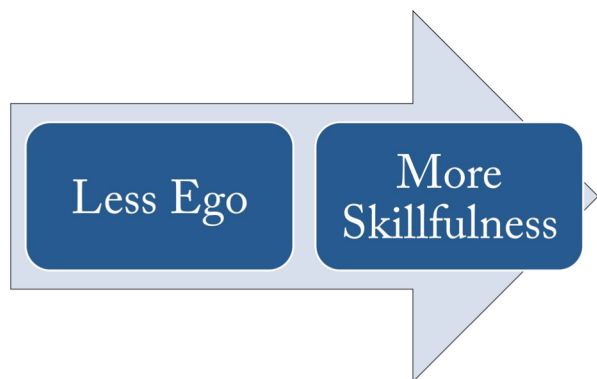
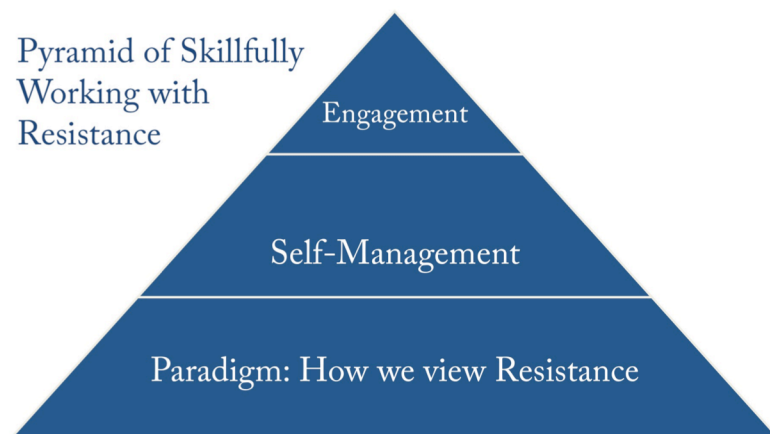


# Week 5

## *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

## Other Mindfulness Acronyms:

- S.T.O.P. (Stop, Take a breath, Observe, Proceed)
- S.T.I.C. (Stop, Take a breath, Imagine the future, Choose)
- R.A.I.N. (Recognize, Acknowledge, Investigate, Non-identification)  
(Learn more about Tara Brach at <https://www.tarabrach.com/>)
- S.I.F.T. (Sensations, Images, Feelings, Thoughts)

# References

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