



Optimal Responsiveness: How Therapists Heal Their Patients

Howard A. Bacal

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A new generation of dynamic therapists is taking a fresh look at what actually heals the patient. In contrast to the classical vision, whose essential feature is intervention by interpretation in an ambience of optimal frustration, Bacal's conception of optimal responsiveness legitimizes a whole repertoire of professional behaviors?empathic attunement, confrontation, support, self-disclosure, validation or invalidation.

Everything the therapist does or does not do, does or does not say, is experienced by the patient as some kind of response. Because the relational dynamic is unique to each therapist?patient dyad, the therapist's responses can be tailored to meet the patient's needs, enhancing specificity. And because optimal responsiveness implies recognition of the therapeutic process as a reciprocal system, it also implies reconstrual of what we know as countertransference.

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Stacy Knarr:

With this era which is the greater individual or who has ability in doing something more are more important than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you have to do is just spending your time almost no but quite enough to experience a look at some books. One of several books in the top checklist in your reading list is usually Optimal Responsiveness: How Therapists Heal Their Patients. This book that is qualified as The Hungry Mountains can get you closer in getting precious person. By looking up and review this guide you can get many advantages.

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