## Therapeutic Implications & Strategies:

## Limited Reparenting on the Ground - A Reminder

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## Limited Re-Parenting

- **Looks like:**
  - Be a real person, don't play the role of a therapist; be honest, direct, and genuine; avoid neutrality
  - Empathise with, and validate, the patient's feelings, more than correcting distorted interpretations/problem solving
  - Ask about positive and negative reactions to you as a person, not just as a therapist
  - Incorporate appropriate self-disclosure whenever possible



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