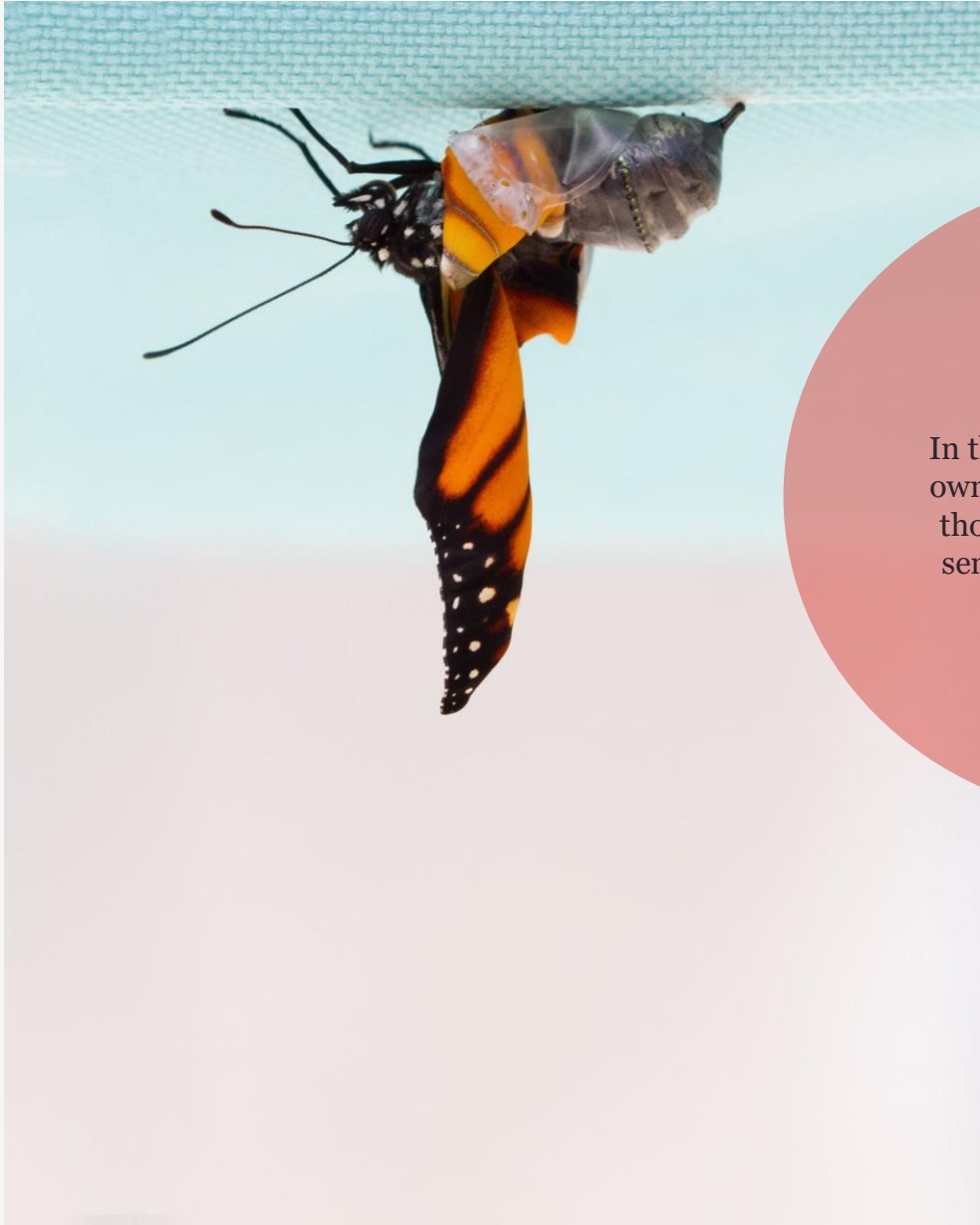


# Mechanisms of Clinical Change



## Experience

In the moment connection to own feelings, sensations, and thoughts as well as feelings, sensations, and thoughts of others in room

## Insight

Fostering self-awareness and awareness of others in order to develop new meaning related to self-in-relationship

## Psychoeducation

Building of knowledge related to typical experiences, effective communication strategies

## Behavior

Intentional and conscious shifts in interpersonal interactions

## Language

Creating New Reality Through Language Used within System