

Patient-Therapist Mode Cycles

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No.	Pat. Mode	Therap. Mode	Example
1	Submission	Submission	'Friendly' cooperation, but no progress
2	Submission	Avoidance	Patient's needs are frustrated again
3	Submission	Overcomp.	Therapist dominates, patient seems cooperative. No autonomy gained
4	Avoidance	Submission	Therapist 'sweat more than the patient', but patients don't change
5	Avoidance	Avoidance	No emotional activation. Therapy gets stuck Nobody has the courage to end it.
6	Avoidance	Overcomp.	Therapists is too demanding or accusing. Risk of patient dropping out
7	Overcomp.	Submission	Therapists allow patients to exploited and devalue them
8	Overcomp.	Avoidance	Therapist lets demanding or devaluing patients 'run against the wall'
9	Overcomp.	Overcomp.	Power struggle from the beginning; usually no therapy gets started