

From Conflict to Resolution

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**FROM
CONFFLICT
TO
RESOLUTION**

*Skills and Strategies
for Individual, Couple,
and Family Therapy*

Susan M. Heitler, Ph.D.

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In a dramatic theoretical breakthrough, psychologist Susan M. Heitler unites various schools of therapy with a powerful insight: Conflicts, within and between people, lie at the core of emotional distress. Emotional healing depends on movement from conflict to resolution; therapists, whatever their belief system, serve as guides along the way. Conflict resolution strategies are described in lively case examples.

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