



# Uncovering the Resilient Core: A Workbook on the Treatment of Narcissistic Defenses, Shame, and Emerging Authenticity

*Patricia Gianotti, Jack Danielian*

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*Uncovering the Resilient Core* provides a comprehensive and inclusive methodology that guides the therapist into the nuances and complexities of the therapeutic relationship throughout the entire course of treatment. With its psychodynamic/relational orientation, this workbook is unique in that it begins with character pathology in its widest spectrum and moves in depth to understanding and treating corrosive shame, dissociation, trauma and narcissism, including narcissism's many hidden cultural and dynamic manifestations. The applied nature of this text draws from a wide variety of case examples as well as progressive therapeutic techniques designed to help deepen therapeutic listening skills. Training concepts are organically linked to videotaped treatment examples, with ample discussion questions and case analyses that can be used in your own supervision groups. These videos can be found on [www.routledge.com/book/9781138183285](http://www.routledge.com/book/9781138183285) and serve as companion illustrations closely following the learning points in the text itself.



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