

Mitch Dickey's Tool List

These tools are used with specific services listed above.

All tools are in the process of being clinically validated – none have been psycho-metrically validated.

These tools are **free while they are being developed**.

Just tell Dr. Mitch which tools you would like to try out and he'll make them available.

Assessment/Taking stock

Readiness to change.
Life Space Questionnaire
Relational Intelligence
Define the problem.
Family-of-origin
Marriage

Personal effectiveness

Self-awareness
Decision-making
Understanding others
Breaking nasty patterns
Identifying pivot points
Building bridges

Topical tools

Anger/frustration/blame.
Power and influence
Gaps in my network
Marriage
Forgiveness
Dealing with rejection.

Please feel free to suggest tools you would like to see developed.