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**Two-track differentiation paradigm in psychotherapy**

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**T**his paper describes the two-track differentiation paradigm, an updated therapeutic methodology within psychotherapy. The two-track differentiation paradigm is based on the assumption that patients habitually regard their problems as one-dimensional and thus tend to become rigid in their attitudes toward these problems. The paradigm suggests a psychotherapeutic process of enriched reframing called differentiation. This differentiation between patients' negative and positive narratives and perceptions offers them more options and frees them to contend with their problems more effectively. Thus, with the two-track differentiation paradigm, cases of impasse and stuck psychotherapeutic situations are turned into cases of cooperation

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