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# Mindfulness Psychotherapy Second Edition Christopher

**the dialectical behavior therapy skills workbook ...** - the dialectical behavior therapy skills workbook: practical dbt exercises for learning mindfulness, interpersonal effectiveness, emotion regulation and distress  
**evidence-based psychological interventions fourth edition** - 4 evidence-based psychological interventions fourth edition abbreviations abbt acceptance-based behaviour therapy act acceptance and commitment therapy **using therapy stories and metaphor in child and family ...** - using therapy stories and metaphor in child and family treatment pat pernicano children and their families benefit from integrative therapies (play-based, experiential),

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