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from its  
fountainhead.

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on understanding  
human psychology  
from ... You would  
want to guide them  
towards  
recognizing these  
...

Psychology Today  
Private psychology  
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and psychotherapy  
clinic, My Therapy  
Assistant, launches  
their first digital  
services on 19 April  
2021.

'My Therapy  
Assistant' Online  
Therapy Platform  
Champions User-  
Centricity  
Light therapy is an  
effective, evidence-

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*based, non-pharmacological treatment for seasonal affective disorder (SAD) and other depressive and circadian sleep conditions. This step-by-step guide helps ...*

*A Clinician's Guide  
to Using Light  
Therapy*

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therapy is a  
psychodynamic  
therapy that has  
been used for  
depression ...  
Antidepressant  
efficacy and side-  
effect burden: a  
quick guide for  
clinicians. Drugs  
Context. 2015 Oct  
8;4:212290.*

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*How Social Anxiety  
Disorder Is Treated  
Children and*

*adolescents who  
suffer from  
sluggish cognitive  
tempo are at  
increased risk of  
suffering from  
inattention and  
depressive  
symptoms in ...*

*Study finds*

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*sluggish cognitive tempo in early life predicts depression and inattention in adulthood*

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*The Arizona retreat offering equine therapy with real-life horse whisperers Noom provides professionals trained in cognitive behavior therapy to guide users working toward their health goals. A combination of*

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human support and  
technology make  
Noom a  
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*This revolutionary  
weight loss  
program is backed  
by psychology  
From the October,  
1977 issue of High  
Times comes Rick  
Fields' guide to*

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gurus.

Flashback Friday:

Guide to Gurus

*Iceland is wanting people to record their screams in untouched parts of the country and the new Let it Out campaign therapist and mental health consultant. Zoe Aston says screen*



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*therapy is a way to*  
*... What kind of*  
*human screams*  
*affect us most? You*  
*might be surprised*  
*by the answer*  
*The American*  
*Psychiatric*  
*Association (APA)*  
*recognizes climate*  
*change as a*  
*growing threat to*

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mental health, but  
many mental  
health  
professionals feel  
unequipped to  
handle the growing  
number of people  
...

*Therapists Are  
Reckoning With  
Eco-Anxiety  
After looking at  
Noom's techniques,*  
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*Claire Madigan, a senior research associate in health at Loughborough University, has published a scientist's guide ... psychology is the basis of cognitive ...*

*The three rules for losing weight as summer*

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*approaches -  
according to  
science*

*The guide, which is  
being curated by  
Camille B.*

*Wortman, an  
expert on grief and  
a professor  
emeritus of  
psychology at  
Stony ... how  
horses are used for  
therapy. "I had no*

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Season of Grief  
As psychedelics  
therapy becomes  
more mainstream  
... integration —  
published in the  
peer-reviewed  
journal Frontiers in  
Psychology. "This  
peer-reviewed*

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Clarity On The  
Complex Nature Of  
Psychedelic  
Therapy  
Under the current  
fee-for-service  
model in health  
care, a typical one-*

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*hour therapy  
session with a  
psychologist...in  
Chicago and a  
specialist in health  
psychology, who  
recently treated a  
74 ...*

*Fee or free? The  
services hospital-  
based  
psychologists  
provide are*

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'priceless'

*"Daydreams are fantasies or mental images about the future," explains Gabriele Oettingen, Ph.D., a professor of psychology ... of A Clinician's Guide to Dream Therapy. In severe cases ...*

*Is Daydreaming  
Good for You? 6*



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*Surprising Benefits*

*Dr. Maruščáková*

*has been pursuing*

*her career in*

*psychology,*

*psychotherapy,*

*personal growth,*

*coaching, and*

*lecturing for over*

*15 years. As a*

*lecturer at UNYP,*

*she teaches Sports*

*Psychology, Ethical*

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UNYP to host a public webinar on the psychological challenges of online and hybrid education including cognitive behavioral therapy, according to a company spokesperson. "We focus on food, fitness, sleep, and

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stress

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management,"

Practice  
Andreas

Michaelides, chief  
psychology officer  
at Noom ...

*Weight loss app  
Noom was ready  
for its pandemic  
moment*

*Liva has attracted  
some of Europe's  
most respected*

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*scientific leaders  
within chronic  
conditions and  
behaviour change  
psychology to ...  
and technological  
areas to guide  
decision-making  
and ...*

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Attracts Top  
Medical Scientific  
Leaders to Global*

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1987, the month of  
April has been  
designated as  
Alcohol Awareness  
Month, providing  
education about  
alcoholism and  
helping to reduce  
the stigma  
surrounding those  
who fight this  
deadly ...

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