

mentalization based group therapy pdf

Group psychotherapy or group therapy is a form of psychotherapy in which one or more therapists treat a small group of clients together as a group. The term can legitimately refer to any form of psychotherapy when delivered in a group format, including cognitive behavioural therapy or interpersonal therapy, but it is usually applied to psychodynamic group therapy where the group context and ...

Group psychotherapy - Wikipedia

Little-t trauma and cumulative trauma, in contrast, are associated with continual or recurring situations and have more global and lasting effects on the individual.

Trauma: Frozen Moments, Frozen Lives - Living Well With

Brief psychotherapy (also brief therapy, planned short-term therapy) is an umbrella term for a variety of approaches to short-term, solution-oriented psychotherapy

Brief psychotherapy - Wikipedia

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