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Therapy For
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~~CBT for obsessive compulsive
disorder (OCD)~~ **3 CBT**

Techniques For OCD *What a
Cognitive Behavioral Therapy
(CBT) Session Looks Like*

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*Cognitive Behavioral Therapy
Exercises (FEEL Better!)*

**Cognitive Behavioral Therapy
Addressing Negative Thoughts
with Dr. Dawn-Elise Snipes**

*PNTV: The Philosophy of
Cognitive Behavioural
Therapy by Donald Robertson*

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Brain Cognitive Behavioral
Therapy in 7 Weeks Book |
Essential Summaries~~

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Cognitive Behavioral Therapy
(CBT) Simply Explained How
Does Cognitive Behavioral*

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~~Therapy Work?~~ *A guide to*

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Therapy (CBT) Cognitive

Behavioral Therapy (CBT)

Interventions for Depression

Treatment and Mental Health

Guided Meditation for

Detachment From Over-

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Behaviour Therapy For
Thinking (Anxiety / OCD /
Depression) How to
Stubbornly Refuse to Make
Yourself Miserable About
Anything by Albert Ellis
Audiobook How To Stop
Intrusive And Obsessive
Thoughts Five Rules to Beat~~

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~~OCD How to Rewire Your
Anxious Brain Do It Yourself
CBT (Cognitive Behavioral
Therapy): Start with This
Exercise. 3 Instantly
Calming CBT Techniques For
Anxiety Managing depression
with 10 Minute CBT~~

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Cognitive Behavioural
Therapy (CBT) Techniques

Daily CBT Techniques For

Anxiety ~~What is cognitive~~

~~behavioral therapy? (\u0026~~

~~How to do CBT) Cognitive~~

~~Behavioral Therapy (CBT) In~~

~~Depth — The Theory Behind~~

Get Free Cognitive Behaviour Therapy For ~~the Therapy~~ **Compulsive**

Disorder
Do It Yourself CBT

(Cognitive Behavioural
Therapy): A Really Effective
Exercise An introduction to
Cognitive Behavioural
Therapy - Aaron Beck

~~Cognitive Behavioral Therapy~~

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~~CBT Explained | BetterHelp
Cognitive Behavioral Tools
Disorder~~
Obsessive Compulsive

**Disorder - (OCD) Treatment
Tips \u0026amp; Help** ~~ABC model
of Cognitive Behavioral~~

~~Therapy~~ **Cognitive Behaviour
Therapy For Obsessive**

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Cognitive behavioural
Disorder
therapy (CBT) has been shown
to be very effective in
helping people to overcome
OCD. However, OCD is a
highly heterogeneous
disorder, often complicated
by contextual factors, and

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therapists are often left wondering how to apply their knowledge of treatment to the particular problems as they face them in clinical practice.

Cognitive Behaviour Therapy

Page 17/97

Get Free Cognitive Behaviour Therapy For **for Obsessive-Compulsive ...**

Cognitive Behavioural
Therapy, commonly referred
to as CBT, remains the
treatment of choice for
Obsessive-Compulsive
Disorder (OCD) here in the
UK and is available through

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the NHS. It's important that those struggling with OCD try and understand the principles behind CBT. CBT is used successfully as a treatment for many psychological problems, including OCD and other

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anxiety problems such as
panic, post-traumatic stress
disorder and social phobia.

**What is Cognitive
Behavioural Therapy (CBT)? |
OCD-UK**

Cognitive-behavioral therapy

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(CBT), which encompasses exposure with response prevention (ERP) and cognitive therapy (CT), has demonstrated efficacy in the treatment of obsessive-compulsive disorder (OCD). However, the samples studied

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(reflecting the heterogeneity of OCD), the interventions examined (reflecting the heterogeneity of CBT), and the definitions of treatment response vary considerably across studies.

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**Efficacy of cognitive-
behavioral therapy for
obsessive ...**

Cognitive Behaviour Therapy
for Obsessive-Compulsive
Disorder By Dr. Fiona
Challacombe, Dr. Victoria

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Breasm Oldfield, Professor
Paul M. Salkovskis and Asmita
Palmer. This book is aimed
at health professionals, but
comes highly recommended by
OCD-UK and would be of value
to anyone looking to
understand and learn more

Get Free Cognitive Behaviour Therapy For about OCD. Obsessive Compulsive Disorder

Cognitive Behaviour Therapy for Obsessive-Compulsive ...

Introduction.

Obsessive-compulsive
disorder (OCD) is a
prevalent and disabling

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Obsessive Compulsive Disorder
condition (Weissman et al. 1994; Kessler et al. 2005) that often follows a chronic course if untreated (Skoog & Skoog, 1999; Mataix-Cols et al. 2002). Cognitive behaviour therapy (CBT) is considered to be an evidence-

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based treatment for OCD,
with response rates
averaging 50-70%

(Abramowitz, 2006; Simpson
et al ...

**Internet-based cognitive
behaviour therapy for**

Get Free Cognitive Behaviour Therapy For **Obsessive . . . Compulsive**

Cognitive-Behavior Therapy is an evidence-based, practical approach for obsessive thinking, worry and rumination. CBT is as an action-focused form of psychotherapy that seeks to

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Obsessive Compulsive
Disorder

reduce the intensity and
emotional impact of
destructive thought patterns
like worry and rumination.

**Obsessive Thinking, Worry,
Rumination - Cognitive
Behavior ...**

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Advances in Psychiatric
Treatment (2007), vol. 13,
438-446 doi:

10.1192/apt.bp.107.003699

Delivering
cognitive-behavioural
therapy (CBT) for
obsessive-compulsive

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Obsessive Compulsive Disorder (OCD) requires a detailed understanding of the phenomenology and the mechanism by which specific cognitive processes and behaviours maintain the symptoms of the disorder.

Get Free Cognitive Behaviour Therapy For **Cognitive-behavioural therapy for obsessive-compulsive ...**

The essential insight of the cognitive behavioural model of obsessive compulsive disorder (OCD) is that it is the client's interpretation

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of the intrusion which drive
the distress and maladaptive
responses (Salkovskis,
Forrester & Richards, 1998).

Cognitive Behavioral Model Of Obsessive Compulsive ...

What techniques are used

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with CBT? 1. Cognitive restructuring or reframing. This involves taking a hard look at negative thought patterns. Perhaps you tend... 2. Guided discovery. In guided discovery, the therapist will acquaint

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themselves with your
viewpoint. Then they'll
ask... 3. Exposure ...

CBT Techniques: Tools for Cognitive Behavioral Therapy

Cognitive behavioural
therapy (CBT) is a talking

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Obsessive Compulsive Disorder
therapy that can help you manage your problems by changing the way you think and behave. It's most commonly used to treat anxiety and depression, but can be useful for other mental and physical health

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Cognitive behavioural therapy (CBT) - NHS

Cognitive behavioural
therapy (CBT) has been shown
to be very effective in
helping people to overcome

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OCD. However, OCD is a
highly heterogeneous
Disorder

disorder, often complicated
by contextual factors, and
therapists are often left
wondering how to apply their
knowledge of treatment to
the particular problems as

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they face them in clinical
practice.

Cognitive Behaviour Therapy for Obsessive-compulsive ...

Exposure therapy Exposure
therapy is a form of CBT
particularly useful for

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people with phobias or
obsessive compulsive
Disorder

disorder (OCD). In such cases, talking about the situation is not as helpful and you may need to learn to face your fears in a methodical and structured

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way through exposure
therapy.

Cognitive behavioural therapy (CBT) - How it works - NHS

Cognitive Behavior Therapy
(CBT) is the “gold

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standard," or the treatment
of choice, for OCD. It makes
use of two evidence-based
techniques - Exposure and
Response Prevention therapy
(ERP) and Cognitive Therapy
(CT). Your college or
university student health

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Disorder

center or counseling center should be able to help you find a cognitive behavior therapist who treats individuals with OCD.

**Treating OCD With Cognitive
Behavior Therapy (College**

Page 43/97

Get Free Cognitive Behaviour Therapy For Obsessive Compulsive Disorder

The manual begins with a brief review of current facts about OCD. Then it describes how cognitive therapy can be applied to OCD. The several treatment modules that follow outline

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Obsessive Compulsive
Disorder

a brief three-to-four session approach therapists can use to help clients make real progress on their OCD beliefs and behavioral symptoms.

Cognitive Therapy for

Page 45/97

Get Free Cognitive Behaviour Therapy For **Obsessive-Compulsive Disorder: A ...**

CBT is the most researched psychological treatment for Obsessive Compulsive and related disorders such as BDD or health anxiety and the only talking therapy

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Obsessive Compulsive Disorder that is recommended by the National Institute for Health and Clinical Excellence (NICE). There are three important things to realise about CBT:

What Is Cognitive

Get Free Cognitive Behaviour Therapy For Behavioural Therapy (CBT) ? | OCD Action ...

One of the most effective
CBT developments for the
treatment of Obsessive-
Compulsive Disorder (OCD)
and related conditions is
Mindfulness-Based Cognitive-

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Behavioral Therapy. The primary goal of Mindfulness-Based CBT is to learn to non-judgmentally accept uncomfortable psychological experiences.

CBT for OCD and Anxiety |

Page 49/97

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Cognitive Behavioral Therapy

Cognitive-behavioral therapy is a treatment for OCD that uses two scientifically based techniques to change a person's behavior and thoughts: exposure and response prevention (ERP)

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Obsessive Compulsive Disorder

and cognitive therapy. CBT is conducted by a cognitive-behavioral therapist who has special training in treating OCD. Most CBT treatment is conducted at a therapist's office once a week with exercises to practice at

Get Free Cognitive Behaviour Therapy For home between sessions. Disorder

**Treatments for OCD | Anxiety
and Depression Association
of ...**

Jon Hershfield, MFT, is the
associate director of the
UCLA Child OCD Intensive

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Outpatient Program at
Resnick Neuropsychiatric
Hospital, and is a

psychotherapist specializing
in the treatment of OCD and
related disorders using
mindfulness-based cognitive
behavioral therapy (MBCBT).

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Tom Corboy, MFT, is the executive director of the OCD Center of Los Angeles, where he is a licensed psychotherapist specializing in MBCBT for the treatment of OCD and related anxiety-based conditions.

Get Free Cognitive Behaviour Therapy For Obsessive Compulsive Disorder

Obsessive-compulsive disorder can be a very disabling and distressing problem. Cognitive behavioural therapy (CBT)

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Obsessive Compulsive
Disorder

has been shown to be very effective in helping people to overcome OCD. However, OCD is a highly heterogeneous disorder, often complicated by contextual factors, and therapists are often left

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wondering how to apply their knowledge of treatment to the particular problems as they face them in clinical practice. This book provides the reader with an understanding of the background to and principles

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Disorder

of using CBT for OCD in a clear practical 'how to' style. It also elucidates the particular challenges and solutions in applying CBT for OCD using illustrative case material and guidance on formulation-

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driven intervention. The book also addresses commonly occurring complexities in the treatment of OCD, for example working with comorbidity, perfectionism, shame and family involvement in symptoms. Throughout the

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book, the authors provide tips on receiving and giving supervision to trouble-shoot commonly encountered problems, resulting in a guide that can help clinicians at all levels of experience.

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Disorder
"The book begins with a summary of the psychopathology of OCD as well as a critical explication of the phenomenology of obsessions and compulsions. The first

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part of the book provides a working knowledge of the psychopathology of the disorder, as well as the theoretical and empirical basis of the cognitive and behavioral approach to OCD. The second part of the book

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updates the reader on
current OCD theory and
research, including ERP. The

third part of the book
offers detailed, practical,
step-by-step instruction on
how to conduct CBT for OCD.
The final section consists

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of four new chapters of OCD
symptom subtypes"--

This book has been replaced
by Cognitive-Behavioral
Therapy for OCD and Its
Subtypes, Second Edition,
ISBN 978-1-4625-4101-0.

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Disorder

Although Obsessive-Compulsive Disorder (OCD) has been known since the ancient times, the exact etiology and pathogenesis of OCD unfortunately still remain unknown. In addition,

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Disorder

the therapeutic approaches elaborated for the treatment of OCD as a whole are not perfect, and this disorder as a rule is characterized by unfavorable course and lack of full therapeutic response. In the current

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book some modern data on pathogenesis, phenomenology and treatment of OCD are presented. Besides, the data on co-morbidity of OCD with other neurological and psychiatric disorders are also included. This book is

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intended for broad circle of
readers, but mostly for
psychiatrists, psychologists
and neurologists.

The Clinician's Guide to
Cognitive-Behavioral Therapy
for Childhood Obsessive-

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Obsessive Compulsive Disorder brings together a wealth of experts on pediatric and adolescent OCD, providing novel cognitive behavioral strategies and considerations that therapists can immediately

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put into practice. The book provides case studies and example metaphors on how to explain exposure models to children in a developmentally appropriate manner. The book also instructs clinicians on how

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to use symptom information and rating scales to develop an appropriate exposure hierarchy. The book is arranged into two major sections: assessment and treatment of childhood OCD and special considerations

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in treating childhood OCD.
Each chapter is structured
to include relevant
background and empirical
support for the topic at
hand, practical discussion
of the nature and
implementation of the core

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Component (such as exposure
and response prevention,
cognitive therapy,
psychoeducation and more),
and a case illustration that
highlights the use of a
particular technique.
Provides the strong

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theoretical foundation
required to successfully
implement treatment

Highlights the use of
particular intervention
techniques through case
studies Provides CBT
strategies for anxiety, tic

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Obsessive Compulsive
Disorder disorders, trichotillomania,
ADHD and disruptive
behaviors Includes

strategies for treatment of
patients who are initially
non-responsive to CBT

Encourages individualization
of evidence-based and

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Clinically-informed
principles for each patient
Reviews what to do if/when
OCD remits and/or returns
Provides details on
differentiation OCD symptoms
from anxiety and other
psychopathology

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Disorder

Two OCD experts provide therapists with a breakthrough treatment model employing purely cognitive treatment methods, proven effective for people with pure obsessions, harming,

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religious, and sexual
obsessions, as well as
checking and mental rituals.

If you have obsessive-
compulsive disorder (OCD),
you might have an irrational
fear of being contaminated

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Obsessive Compulsive Disorder

by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. And while OCD can have a devastating impact on your life, getting real help can be a challenge.

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Combining mindfulness
practices with cognitive-
behavioral therapy (CBT),

The Mindfulness Workbook for
OCD offers practical and
accessible tools for
managing the unwanted
thoughts and compulsive

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Disorder

urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This

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fully revised and updated second edition also includes new meditations, information, and chapters on emotional and mental contamination, existential obsessions, false memories, and more. If you're ready to

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Disorder

take back your life back
from OCD—and start living
with more joy in the
moment—this workbook has
everything you need to get
started right away.

Specialized Cognitive

Page 83/97

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Behavior Therapy for
Obsessive Compulsive
Disorder is an expert
clinician guide for
administration of evidence-
based specialized cognitive
behavior therapy (CBT) for
obsessive compulsive

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Disorder

disorder and its subtypes.

This book focuses on strategies to identify and resolve complex and varied reasons for resistance to CBT and to optimize symptom remission, generalize improvement, and forestall

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relapse during treatment for
OCD. The interventions
discussed build upon and
elaborate the clinical and
research work of other OCD
experts, clinicians and
researchers in the field of
cognitive therapy, and are

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based on the author's own
research and clinical
experience as an
internationally known expert
treating thousands of OCD
patients. Criteria are
outlined for symptom
recovery and for treatment

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Obsessive Compulsive Disorder
resistance in the context of
optimal evidence-based
specialized CBT delivery.

Featuring treatment models
and illustrative case
studies, this book is a
necessary addition to the
library of mental health

Get Free Cognitive Behaviour Therapy For Professionals who work with patients suffering from OCD. Disorder

The main purpose of this book is to be useful in daily practice to clinicians, including less-discussed subjects that are

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frequently encountered in practice. For this, it was aimed to explain the formulation of the disorder in light of the basic CBT model in each chapter and then to present the treatment approach of the

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disorder with case examples.
We believe that the case
examples, which came from
the authors' own practices,
are the strength of the
book.

"Obsessive compulsive

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Disorder

disorder (OCD), which can cause significant impairment in personal, social, and academic contexts, affects nearly half a million children in the United States. This step by step guide provides mental health

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professionals with an
adaptable, evidence based
model that uses cognitive
behavior therapy to treat
pediatric OCD. The authors
present well tested,
empirically validated
strategies that encourage

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clinical flexibility and
creativity. Chapters
describe the nuts and bolts
of assessment, case
conceptualization, and
treatment planning, as well
as psychoeducation,
pharmacotherapy, strategies

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for relapse prevention, and involving family members in treatment. Richly described case studies illustrate how core strategies can be effectively implemented with youth between the ages of 7 and 18. Includes

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downloadable handouts for
clinical use, including
worksheets and fact sheets
for parents and guardians,
exercises and games, and
other clinical tools and
resources"--

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Disorder
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