

Counselling For Stress Problems

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~~It has been almost a year and a half since movement control was imposed in the country to curb the spread of COVID-19 and that is also the duration of time which has "confined" students of IPT.~~

~~Mental health: Cooperation between students and university to deal with emotional stress~~

~~An interview with Esther Perel - the psychotherapist behind the popular podcast "Where Should We Begin?" and now a game developer - turns into a therapy session.~~

~~Games are therapy. Don't believe us? Ask famed relationship therapist Esther Perel~~

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~~'It was devastating': what happens when therapy makes things worse?~~

~~In response to the question, "Was there any part of your IRT therapy that seemed not to help ... mechanisms that sponsor affective symptoms (e.g., anger, anxiety, depression) and related problem ...~~

~~Interpersonal Reconstructive Therapy for Anger, Anxiety, and Depression: It's About Broken Hearts, Not Broken Brains~~

~~The thing with my anxiety is it's mostly situational ... it was that I didn't want to admit I had a problem bad enough to have to go to therapy. I finally decided I'd rather admit to ...~~

~~Opinion: Therapy can be helpful, but only if you're willing~~

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~~New guidance for people to seek mental health treatment~~

~~The City of Owasso is continuing to take proactive measures to support the well-being of its first responders and public safety officials.~~

~~City led support program helping Owasso first responders better cope with stress, trauma~~

~~I still had that "nervous" feeling before my first therapy session. But once I started talking and opening up to my therapist about why I sought out therapy, I felt a little more calm.~~

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~~Avoid Marriage Counseling by Skipping This Holiday Problem~~

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