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A core symptom of obsessive-compulsive disorder (OCD) is obsessions, which are unwanted, distressing, and uncontrollable thoughts. The content and themes of these intrusive thoughts vary but are often of a disturbing nature.

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**Amazon Best Sellers: Best
Obsessive Compulsive Disorder
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Jon Kabat-Zinn is considered the founding father of mindfulness-based stress reduction, as he created the practice in the 1970s. He took a modern,

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scientific-based perspective to traditional Buddhist principles of mindfulness and meditation and developed a flexible approach to reducing stress.. MBSR was first put into practice at the Stress Reduction Clinic at the University of Massachusetts ...

MBSR: 25 Mindfulness-Based Stress

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About - The MindSpace Clinic is a team of caring professionals providing psychotherapy, mindfulness, and coaching to individuals of all ages and stages of life. They offers state-of-the-art Cognitive-Behavioural Therapy, mindfulness, and other evidence-based psychology practices. Maria R. Schmid |

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Forms and Worksheets - Oxford Clinical Psychology

Hypnotherapy, also referred to as guided hypnosis, is a form of psychotherapy that uses relaxation, extreme concentration, and intense attention to

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achieve a heightened state of consciousness or mindfulness. In other words, it places the individual into a “trance” or altered state of awareness.

What is Hypnotherapy? Does Hypnotherapy Work? - TherapyTribe

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