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PRINCIPLES OF Trauma Therapy

A Guide to
Symptoms,
Evaluation,
and
Treatment

3RD EDITION

John N. Briere
Catherine Scott



Principles Trauma Therapy Evaluation Treatment

John Briere, Catherine Scott



Principles Trauma Therapy Evaluation Treatment:

Principles of Trauma Therapy John N. Briere, Catherine Scott, 2024-12-27 John Briere and Catherine Scott's *Principles of Trauma Therapy* Third Edition is both comprehensive in scope and highly practical in application. This best-selling text provides a creative synthesis of cognitive behavioral, relational affect regulation, mindfulness, and psychopharmacologic approaches to the real-world treatment of acute and chronic posttraumatic states. Grounded in empirically supported trauma treatment techniques and adapted to the complexities of actual clinical practice, this book is a hands-on resource for front-line clinicians, those in private practice, and graduate students of public mental health. **Principles of Trauma Therapy**

John Briere, Catherine Scott, 2012-08-30 This popular text provides a creative synthesis of cognitive behavioral, relational affect regulation, mindfulness, and psychopharmacologic approaches to the real-world treatment of acute and chronic posttraumatic states. Grounded in empirically supported trauma treatment techniques and adapted to the complexities of actual clinical practice, it is a hands-on resource for front-line clinicians, those in private practice, and graduate students of public mental health. Handbuch der Psychotraumatologie Heide Glaesmer, Silke Birgitta Gahleitner, Ingo Schäfer, Carsten Spitzer, 2024-11-16 *Der Standard für die Arbeit mit traumatisierten Menschen*. Das Referenzwerk komplett bearbeitet und ergänzt. Zur Wirksamkeit von Therapie psychosozialer Traumaarbeit und pädagogik. Erweitert um die Themen Geschichte Justiz und Rassismus. Von den Herausgeberinnen der renommierten Fachzeitschrift *Trauma Gewalt*. Das Handbuch der Psychotraumatologie bietet eine systematische Zusammenfassung der in Theorie und Praxis gesammelten Erkenntnisse zum aktuellen Stand des Wissens. Die Psychotraumatologie entwickelt sich dynamisch weiter und so wurde das Handbuch für die 5. Auflage grundlegend bearbeitet und erweitert. **Psychotherapy for the Advanced Practice Psychiatric Nurse**

Kathleen Wheeler, 2020-09-10 The leading textbook on psychotherapy for advanced practice psychiatric nurses and students. Award-winning and highly lauded *Psychotherapy for the Advanced Practice Psychiatric Nurse* is a how-to compendium of evidence-based approaches for both new and experienced advanced practice psychiatric nurses and students. This expanded third edition includes a revised framework for practice based on new theory and research on attachment and neurophysiology. It advises the reader on when and how to use techniques germane to various evidence-based psychotherapy approaches for the specific client problems encountered in clinical practice. This textbook guides the reader in accurate assessment through a comprehensive understanding of development and the application of neuroscience to make sense of what is happening for the patient in treatment. Contributed by leaders in the field, chapters integrate the best evidence-based approaches into a relationship-based framework and provides helpful patient management strategies from the first contact through termination. This gold standard textbook and reference honors the heritage of psychiatric nursing, reaffirms the centrality of relationship for psychiatric advanced practice, and celebrates the excellence, vitality, depth, and breadth of knowledge of the specialty. New to This Edition: Revised framework for practice based on new theory and research on

attachment and neurophysiology New chapters Trauma Resiliency Model Therapy Psychotherapeutics Re uniting Psychotherapy and Psychopharmacotherapy Trauma Informed Medication Management Integrative Medicine and Psychotherapy Psychotherapeutic Approaches with Children and Adolescents Robust instructor resources Key Features Offers a how to of evidence based psychotherapeutic approaches Highlights the most useful principles and techniques of treatment for nurse psychotherapists and those with prescriptive authority Features guidelines forms and case studies to guide treatment decisions Includes new chapters and robust instructor resources chapter PowerPoints case studies and learning activities

EMDR - Grundlagen und Praxis Francine Shapiro, 2022-01-20 Das EMDR Grundlagenwerk Dieses umfassende Basiswerk gibt einen fundierten Überblick über Entwicklung und Anwendung von EMDR Eye Movement Desensitization and Reprocessing Es handelt sich dabei um eine von Francine Shapiro entwickelte klinische Behandlungsmethode für Trauma Opfer mit Posttraumatischer Belastungsstörung Augenbewegungen und andere Methoden der Rechts Links Stimulation werden dabei eingesetzt um Trauma Opfern bei der Aufarbeitung beunruhigender Gedanken und Erinnerungen zu helfen Als integratives Therapiemodell das verhaltenspsychologische kognitive psychodynamische körperorientierte und systemische Elemente umfasst ermöglicht EMDR in relativ kurzer Zeit nachhaltige Resultate in der Arbeit mit Patienten zu erzielen Die nochmals erweiterte und aktualisierte 3. Auflage in neuer Übersetzung dokumentiert die wichtigsten Entwicklungen in EMDR Forschung und Praxis der letzten 15 Jahre neue Behandlungsprotokolle erfolgreiche Anwendungsfelder jenseits der Traumatherapie wie Sucht Angststörungen Depression und chronische Schmerzen neue Sitzungsprotokolle Fragebögen und Diagnosekriterien *Praxishandbuch Traumatherapie* Rolf Keller, Ulrich Frommberger, Joachim Graul, 2022-11-15 Dieses Praxisbuch gibt Ihnen einen umfassenden therapieschulenden Überblick über die Psychotherapie und Psychopharmakotherapie bei der ambulanten und insbesondere stationären Behandlung von posttraumatischen Belastungsstörungen Es bietet Ihnen valides Leitlinienwissen und informiert Sie über die Methoden und Techniken Rahmenbedingungen Versorgungsstrukturen und Qualitätssicherung im gesamten deutschsprachigen Raum Durch die vielen konkreten Handlungsanweisungen Anwendungsbeispiele und die komprimierte und prägnante Darstellung mit Karten und Übersichten unterstützt es Sie in Ihrer täglichen Arbeit und dient als Wegweiser und Praxisleitfaden Außerdem Mit 30 auch zusätzlich online verfügbaren Arbeitsblättern und Checklisten zur praktischen Durchführung einer Traumatherapie Das Buch wird von der Arbeitsgruppe Stationäre Traumatherapie der Deutschsprachigen Gesellschaft für Psychotraumatologie herausgegeben Das Buch eignet sich für Weiterbildungsassistentinnen und Fachärztinnen für Psychiatrie und Psychotherapie Psychosomatik Neurologie Psychologische Psychotherapeuten

Trauma und Traumabehandlung. 2. Wege der Traumabehandlung Michaela Huber, 2003 Moderne Traumatherapie ist heute gut strukturiert folgt einem konsequenten und überprüfbaren Behandlungsmodell und hilft den Betroffenen sich zunächst zu stabilisieren um dann das belastende Geschehen und dessen Folgen Schritt für Schritt verarbeiten zu können Michaela Huber stellt in diesem Buch dem zweiten

Band der Reihe Trauma und Traumabehandlung auf eine auch f r Laien verst ndliche Weise die ethischen Grundlagen der Traumabehandlung dar und beantwortet die wichtigsten Fragen von Betroffenen und Therapeuten rund um das Behandlungsgeschehen zum Beispiel Wann ist es Zeit f r Traumatherapie und wann nicht Wieso brauchen Frauen und M nner verschiedene Therapien Ambulante und oder station re Traumatherapie Wieso beginnt Traumatherapie mit Stabilisierung und Ressourcen Aktivierung Was hei t hier T ter Opfer Spaltung Was ist in der Traumatherapie mit rituell mi handelten Menschen zu beachten L t sich das Trauma Schema ver ndern Was braucht man um mit Flashbacks und Selbstverletzungen sowie anderen heftigen Gef hlen umzugehen Wie kann man Distanz zum Traumaerleben gewinnen Au erdem beschreibt die Autorin anhand von zahlreichen Beispielen die wichtigsten Durcharbeitungs Techniken f r Traumatisierungen Erg nzend gibt sie Empfehlungen f r KollegInnen und Angeh rige von Traumatisierten wie sie die Mitempfindens M digkeit verhindern k nnen Im Anhang schlie lich werden traumatherapeutisch arbeitende Kliniken und andere Institutionen empfohlen

Principles of Trauma Therapy John N. Briere, Catherine Scott, 2014-03-25 Thoroughly updated with DSM 5 content throughout Principles of Trauma Therapy Second Edition DSM 5 Update is both comprehensive in scope and highly practical in application This popular text provides a creative synthesis of cognitive behavioral relational affect regulation mindfulness and psychopharmacologic approaches to the real world treatment of acute and chronic posttraumatic states Grounded in empirically supported trauma treatment techniques and adapted to the complexities of actual clinical practice this book is a hands on resource for front line clinicians those in private practice and graduate students of public mental health

Trauma Counseling, Second Edition Lisa López Levers, 2022-02-24 The only comprehensive text to focus on trauma stress crisis and disaster counseling from a clinical practice perspective This overarching text intended both for mental health practitioners in training and for practicing clinicians focuses on the impact of stress crisis trauma and disaster on diverse populations across the lifespan as well as on effective treatment strategies The second edition is newly grounded in a trauma scaffold providing foundational information that therapists can build upon step by step to treat individuals affected by more complex trauma events This resource newly addresses the mental health implications of COVID 19 which has had an enormous impact on multitudes of people since the beginning of the pandemic its repercussions likely to continue for some time into the future The text also is updated to provide the most recent diagnostic information regarding trauma in the DSM 5 Two new chapters address the confluence of crises related to anthropogenic climate change and the effects of mass violence This unrivalled resource emphasizes stress management and crisis intervention skills as important building blocks for working with more complex issues of trauma and disaster It underscores the idea that trauma must be approached from multiple perspectives and in multiple dimensions encompassing individual community societal and systemic implications along with multicultural and diversity frames of reference The text integrates the latest findings from neuropsychology and psychopharmacology with an emphasis on Polyvagal Theory Additionally the

text highlights the importance of clinical supervision in trauma care and examines ethical dimensions and the need for self care among trauma counselors Purchase includes digital access for use on most mobile devices or computers New to the Second Edition Reconceptualizes the text with the concept of a Trauma Scaffold as a foundation upon which to understand and develop treatment for increasingly complex trauma events Addresses the COVID 19 pandemic and its profound effect on the mental health of vast numbers of people Includes two new chapters on the confluence of crises related to anthropogenic climate change and the effects of mass violence Includes PowerPoint slides to accompany an updated Instructor s Manual Key Features Delivers both introductory and advanced clinical information addressing complex trauma Addresses trauma from a bioecological framework with emphasis on trauma informed practices multicultural pluralism diversity and social justice Considers neurobiological responses to trauma with new research and the contributions of Polyvagal Theory Examines individual familial community society and systemic understandings of stress crisis trauma and disaster Includes a wealth of resources for further study text boxes and case studies to reinforce learning

Wege der Traumabehandlung Michaela Huber, 2012 Moderne Traumatherapie ist heute gut strukturiert folgt einem konsequenten und berpr fbaren Handlungsmodell und hilft den Betroffenen sich zun chst zu stabilisieren um dann das brisante Geschehen und dessen Folgen Schritt f r Schritt verarbeiten zu k nnen Michaela Huber stellt in diesem Buch dem zweiten Band der Reihe Trauma und Traumabehandlung auf eine auch f r Laien verst ndliche Weise die ethischen Grundlagen der Traumabehandlung dar und beantwortet die wichtigsten Fragen von Betroffenen und Therapeuten rund um das Behandlungsgeschehen zum Beispiel Wann ist es Zeit f r Tr

Trauma Counseling Lisa Lopez Levers, 2012-03-15 A worthy addition to a graduate training bookshelf I was a bit daunted by the large almost 600 page book that landed on my desk but once I started reading it I had a hard time putting it down Melanie D Hetzel Riggins PhD Penn State Journal of Trauma and Dissociation This book is heavy in weight and heavy in substance It may be that you will not read this book from cover to cover but it is likely that you will jump in and out and often Illness Crisis and Loss Lisa Lopez Levers s work delivers an important contribution to enable beginning professionals to be familiarised with the basics of trauma and to provide specialists with her hidden gems of insight Her decision to cover trauma in its broadest sense allows her textbook to provide innovative insights into real world concepts such as hate racism oppression and evil in respect to trauma Intervention Trauma Counseling is a comprehensive multidisciplinary guide to the theory and treatment of survivors of a broad spectrum of traumatic events including interpersonal violence hate crimes school violence community violence natural disasters and war and terrorism It is written by a Fulbright scholar who is internationally recognized for her work with traumatized populations in Rwanda several southern African countries Russia and the United States It also includes the contributions of researchers from the United States Australia Africa and Europe The book discusses evidence based trauma assessment and intervention techniques and integrates the latest findings from neuropsychology and psychopharmacology It focuses on issues of loss and grief

survivorship and disability genocide natural disasters the impact of war on civilians and veterans and the distinct effects of trauma in early childhood childhood and adolescence Also addressed are ethical perspectives and methods of self care for counselors who work with this population The text will be of value to graduate counseling students and professional counselors as well as social workers psychologists psychiatric nurses and other human service providers who will be able to attend to trauma survivors with a depth of knowledge and confidence The contents of Trauma Counseling not only fulfill but exceed the requirements of The Council of Accreditation and Counseling and Related Educational Program CACREP standards Key Features Addresses the theory and treatment of trauma survivors of interpersonal violence hate crimes school violence community violence natural disasters and war and terrorism Provides a multidisciplinary approach to treatment that integrates findings from neuropsychology and psychopharmacology Includes evidence based counseling techniques Illuminates the intersections of trauma crisis and disaster issues exceeding related requirements of CACREP standards Examines ethical dimensions and the need for self care among trauma counselors Emphasizes the relevance of clinical supervision in trauma care Offers topic relevant resources at the end of each chapter

Intervention nach häuslicher Gewalt Clarissa Sammut Scerri, Arlene Vetere, Angela Abela, Jan Cooper, 2024-07-22 Dieses praxisbezogene Buch bietet eine professionelle Anleitung zur Beendigung häuslicher Gewalt in Paaren und Familien und zur Förderung von Heilung und Sicherheit in der Folgezeit Die theoretische Vielfalt Bindung Trauma Feminismus Narrativität und die Einbeziehung von Familienstrukturen und Gewaltformen ermöglichen es sowohl komplexe Umstände zu verstehen als auch mit Familien zu intervenieren Die Aufgaben der Heilung von der Wiederherstellung des Vertrauens bis zur Förderung einer positiven Bewältigung sind eindeutig mit den Auswirkungen des Missbrauchs verbunden wie z B ungelöster Verlust abgestumpfte Traumareaktionen schlechte Emotionsregulierung und beschädigtes Beziehungswertgefühl Und weil anhaltende Sicherheit für das Wohlbefinden entscheidend ist erweitern die Autoren ihre Sicherheitskonzepte um die eigenen Erfahrungen die Sicherheit und die Selbstfürsorge der Fachkräfte Zu den behandelten Themen gehören Leben mit Gewalt in der Familie Retrospektive Erinnerung an die Kindheitserfahrungen von Frauen Wie man der Gewalt Einhalt gebieten kann Anwendung einer Sicherheitsmethodik über die gesamte Lebensspanne Paaren helfen sich sicher zu trennen Auf sichere Trennungen hinarbeiten Heilung und Reparatur in Beziehungen Therapeutische Arbeit mit Paaren Systematische Arbeit mit Eltern Kindern und erwachsenen Überlebenden wenn der Missbrauch aufhört Supervision und Konsultation von Fachleuten die mit Familien und Trauma zu tun haben Dieses Buch ist ein unverzichtbares Hilfsmittel für Sozialarbeiterinnen und Fachleute für psychische Gesundheit die in der klinischen Praxis tätig sind und Strategien für die therapeutische und systematische Arbeit mit Paaren und Familien suchen die körperliche und emotionale Gewalt erlebt haben

Trauma Practice Anna B. Baranowsky, J. Eric Gentry, 2023-05-08 New edition of this effective toolbox for treating trauma survivors is even more comprehensive This popular practical resource for clinicians caring for trauma survivors has been fully updated and

expanded It remains a key toolkit of cognitive behavioral somatic therapy CBST techniques for clinicians who want to enhance their skills in treating trauma Baranowsky and Gentry help practitioners find the right tools to guide trauma survivors toward growth and healing Reinforcing this powerful intervention is the addition of a deeper emphasis on the preparatory phase for therapists including the therapists own ability to self regulate their autonomic system during client encounters Throughout the acclaimed book an effective tri phasic model for trauma treatment is constructed safety and stabilization working through trauma reconnection with a meaningful life as guiding principle enabling a phased delivery that is fitted to the survivor s relational and processing style The authors present clearly and in detail an array of techniques protocols and interventions for treating trauma survivors cognitive behavioral somatic and emotional relational These include popular and effective CBST techniques approaches inspired by research on neuroplasticity and interventions informed by polyvagal theory Many techniques include links to video or audio material demonstrating how to carry out the intervention Further sections are devoted to forward facing trauma therapy a safe effective and accelerated method of treating trauma and to clinician self care Over 40 video and audio demonstrations of many of the techniques are available for download There are also 36 handouts for clients that can be downloaded and printed for clinical use

Skills in Gestalt Counselling & Psychotherapy Phil Joyce, Charlotte Sills, 2009-11-18 Skills in Gestalt Counselling Psychotherapy Second Edition is a practical introduction to the application of the Gestalt approach at each stage of the therapeutic process Taking the reader through these stages the book focuses on skills which arise out of Gestalt theory as well as those invoked by the therapeutic relationship As well as offering guidance on practice issues affecting counsellors such as assessment and treatment considerations using a variety of Gestalt techniques and developing client awareness this fully updated edition has been expanded to represent new developments in the psychotherapy field New material includes the implications of neuroscience and psychotherapy outcome research for the therapeutic relationship new chapters exploring action research disturbed and disturbing clients and Gestalt supervision and coaching short term work in primary care and the NHS This is an ideal text for use on counselling and counselling skills courses especially those training in Gestalt and recommended reading for anyone who uses Gestalt skills in their work

Toolkit for Counseling Spanish-Speaking Clients Lorraine T. Benuto, 2017-11-14 This timely practical reference addresses the lack of Spanish language resources for mental health professionals to use with their Latino clients Geared toward both English and Spanish speaking practitioners in a variety of settings this volume is designed to minimize misunderstandings between the clinician and client and with that the possibility of inaccurate diagnosis and or ineffective treatment Coverage for each topic features a discussion of cultural considerations guidelines for evidence based best practices a review of available findings a treatment plan plus clinical tools and client handouts homework sheets worksheets and other materials Chapters span a wide range of disorders and problems over the life course and include reproducible resources for Assessing for race based trauma Using behavioral activation and cognitive interventions to treat

depression among Latinos Treating aggression substance use abuse and dependence among Latino Adults Treating behavioral problems among Latino adolescents Treating anxiety among Latino children Working with Latino couples Restoring legal competency with Latinos The Toolkit for Counseling Spanish Speaking Clients fills a glaring need in behavioral service delivery offering health psychologists social workers clinical psychologists neuropsychologists and other helping professionals culturally relevant support for working with this under served population The materials included here are an important step toward dismantling barriers to mental health care **Treating Complex Traumatic Stress**

Disorders in Adults Julian D. Ford,Christine A. Courtois,2020-02-25 This authoritative reference on complex traumatic stress disorders CTSDs and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field Leading experts delve into ways to understand engage assess and treat adults with complex trauma histories whose symptoms often include but may go well beyond those of posttraumatic stress disorder The volume presents cutting edge theory and research on CTSDs considers diagnostic controversies and identifies core elements of effective culturally responsive treatment Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples Other highlights are chapters on transtheoretical treatment the crucial role of professionalism and training and recognizing and managing vicarious traumatization New to This Edition Incorporates major advances in research and clinical practice Chapters on additional evidence based individual treatments prolonged exposure therapy cognitive therapy cognitive processing therapy brief eclectic psychotherapy eye movement desensitization and reprocessing therapy narrative exposure therapy interpersonal psychotherapy emotion focused therapy and the TARGET recovery model Chapters on additional evidence based group and conjoint family therapy models attachment based couple therapy and integrated treatment of co occurring CTSDs and substance use disorders Chapters on promising treatments treatment for structural dissociation experiential somatotherapy approaches mindfulness approaches and complementary healing therapies See also Drs Ford and Courtois s authored book Treatment of Complex Trauma which presents their own therapeutic approach for adult clients in depth and their edited volume Treating Complex Traumatic Stress Disorders in Children and Adolescents *Trauma* Shoshana Ringel,Jerrold R. Brandell,2011-04-06 Trauma Contemporary Directions in Theory Practice and Research is a comprehensive text on trauma including such phenomena as sexual abuse childhood trauma PTSD terrorism natural disasters cultural trauma school shootings and combat trauma Addressing multiple theoretical systems and how each system conceptualizes trauma the book offers valuable information about therapeutic process dimensions and the use of specialized methods and clinical techniques in trauma work with an emphasis on how trauma treatment may affect the clinician Intended for courses in clinical practice and psychopathology the book may also be useful as a graduate level text in the allied mental health professions Trauma-Informed Supervision Carolyn Knight,L. DiAnne Borders,2020-07-29 Survivors of trauma are disproportionately represented in agencies providing

a broad range of behavioral social and mental health services Practitioners in these settings must understand and be able to respond to survivors of trauma in ways that are empowering normalize and validate their experiences and reactions and minimize the risk of retraumatization Practitioners also will be indirectly traumatized as a result of their work with trauma survivors Practitioners ability to help clients with histories of trauma depends upon clinical supervision that is trauma informed The trauma informed supervisor has the dual responsibility of enhancing supervisees skills as trauma informed practitioners and helping them manage the impact their work has on them Nevertheless many clinical supervisors only have limited knowledge and training in trauma and may not recognize either the needs of those whom they supervise or the clients their supervisees serve This book compiles important recommendations from trauma informed practitioners supervisors and researchers who share their professional reflections and personal stories based on their hands on experiences across mental health and medical contexts This book was originally published as a special issue of The Clinical Supervisor **Dissoziation**

Kathlen Priebe,Christian Schmahl,Christian Stiglmayr,2014-01-13 Wenngleich dissoziative Symptome und Störungen häufig auftreten werden sie im klinischen Alltag sehr oft nicht erkannt und behandelt Psychotherapeutische Ansätze zur Behandlung von Dissoziation finden sich kaum so dass sich viele Kliniker mit dieser Symptomatik unsicher fühlen Dieses Buch gibt einen vollständigen und aktuellen Überblick über dissoziative Symptome und Störungen es beschreibt wie sie sich ausprägen und was man therapeutisch tun kann Im 1 Teil werden Grundlagen dissoziativer Symptome und Störungen ausführlich dargestellt von der Historie über die Klassifikation bis hin zu Erhebungsinstrumenten etiologie und Neurobiologie Der 2 Teil ist bestimmten psychiatrischen Störungsbildern gewidmet bei denen Dissoziation häufig auftritt wie z B der Borderline Persönlichkeitsstörung der posttraumatischen Belastungsstörung aber auch der Schizophrenie Im 3 Teil wird zunächst die Datenlage zu psychotherapeutischen und pharmakotherapeutischen Ansätzen überblickartig dargestellt Schließlich wird ein Therapieleitfaden zur Behandlung verschiedenster dissoziativer Symptome und Störungen beschrieben Der modulare Aufbau des Leitfadens erlaubt es das spezifische Vorgehen in der Therapie zu individualisieren Bei komorbider Symptomatik können die Therapiemodule in einen Gesamtbehandlungsplan integriert werden Aktuell und wissenschaftlich fundiert Überblick für Wissenschaftler und Kliniker Beschreibung dissoziativer Symptome und Störungen Störungsbergreifender modularer Therapieansatz Praxisorientiert mit vielen Fallbeispielen und Arbeitsblättern

Assessment and Treatment Planning for PTSD Christopher Frueh,Anouk Grubaugh,Jon D. Elhai,Julian D. Ford,2012-09-20 Evidence based approaches to diagnosing and treating PTSD in an array of specific populations and settings This timely practical guide for busy professionals Covers strategies for those working in specialized practice settings such as primary care facilities prisons and hospitals for the severely mentally ill Offers guidelines for conducting forensic evaluations Provides information on malingering assessment Explores new frontiers in PTSD assessment including neuroimaging and genetic testing Offers practical guidance on the assessment of most recognized comorbid conditions Discusses the roles of ethnicity race and culture in assessing and

treating PTSD Offers assessment strategies for specific populations including veterans children and the severely impaired

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