

Dialectical Behavior Therapy in Clinical Practice

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Supplementary Materials
and Resources

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Dialectical Behavior Therapy In Clinical Practice

Applications Across Disorders And Settings

Michaela A. Swales

Dialectical Behavior Therapy In Clinical Practice Applications Across Disorders And Settings:

Dialectical Behavior Therapy in Clinical Practice, Second Edition Linda A. Dimeff, Shireen L. Rizvi, Kelly Koerner, 2020-12-04 This influential work has now been substantially revised with over 60% new material reflecting over a dozen years of research and clinical advances. Leading experts describe innovative ways to use dialectical behavior therapy DBT in a wide range of real world clinical and community settings. The volume provides wise guidance on setting up, running and evaluating a comprehensive DBT program. It also presents adaptations designed to meet the needs of particular client populations as time and cost effectively as possible. Vivid case examples illustrate diverse applications of DBT for helping adults, adolescents and children reduce suicidal and self-harming behavior, overcome complex multiple challenges and build a life worth living. New to This Edition: Presents current best practices for making DBT more efficient and accessible while maximizing program fidelity. Chapters on additional populations including persons with posttraumatic stress disorder and preadolescent children. Chapters on additional settings including milieu based programs, university counseling centers and middle and high schools. Chapters on pharmacotherapy, promoting employment and self-sufficiency training and supervision and DBT beyond Stage 1. See also Doing Dialectical Behavior Therapy: A Practical Guide by Kelly Koerner which demonstrates DBT techniques in detail.

Dialectical Behavior Therapy in Clinical Practice Linda A. Dimeff, Shireen L. Rizvi, Kelly Koerner, 2020-11-10 This influential work has now been substantially revised with over 60% new material reflecting over a dozen years of research and clinical advances. Leading experts describe innovative ways to use dialectical behavior therapy DBT in a wide range of real world clinical and community settings. The volume provides wise guidance on setting up, running and evaluating a comprehensive DBT program. It also presents adaptations designed to meet the needs of particular client populations as time and cost effectively as possible. Vivid case examples illustrate diverse applications of DBT for helping adults, adolescents and children reduce suicidal and self-harming behavior, overcome complex multiple challenges and build a life worth living. New to This Edition: Presents current best practices for making DBT more efficient and accessible while maximizing program fidelity. Chapters on additional populations including persons with posttraumatic stress disorder and preadolescent children. Chapters on additional settings including milieu based programs, university counseling centers and middle and high schools. Chapters on pharmacotherapy, promoting employment and self-sufficiency training and supervision and DBT beyond Stage 1. See also Doing Dialectical Behavior Therapy: A Practical Guide by Kelly Koerner which demonstrates DBT techniques in detail.

Empfehlungen für die Diagnostik und Therapie der Depression im Alter Martin Hatzinger, Egemen Savaskan, 2019-06-25 Die Diagnostik und Therapie der Altersdepression kann nur interprofessionell und interdisziplinär erfolgreich durchgeführt werden. Daher hat eine Expertengruppe unter der Federführung der Schweizerischen Gesellschaft für Alterspsychiatrie und Psychotherapie SGAP Empfehlungen erarbeitet um die diagnostischen und therapeutischen Interventionsmöglichkeiten im Alltag übersichtlich darzustellen und um die Frühherkennung und Therapie der

Altersdepression zu fördern. Ausführliche Darstellung der Epidemiologie der Pathophysiologie und der Ursachenhypthesen
Alltagsorientierte Darstellung der klinischen Symptomatik und diagnostischen Möglichkeiten Demenz, Alzheimer,
Migräne, Epilepsie, Schizophrenie, Persönlichkeitsstörungen, Schmerz, Kardiovaskuläre Erkrankungen, metabolische Störungen und
Medikamente als komorbide und verursachende Faktoren. Therapie mit Fokus auf Psychotherapie und
Psychopharmakotherapie, verschiedene psychotherapeutische Ansätze, kritische Beurteilung der zur Verfügung stehenden
Medikamente, Therapieresistenz, Augmentationsstrategien, chronobiologische und interventionelle Verfahren, Spezialtherapien
Angeleitete Selbsthilfe, Psychoedukation, Problemlösungstraining, Rekreationstherapie, physische Aktivierung
Entspannungsverfahren, Verbesserung der sozialen Kompetenz, Ergotherapie, Kognitiv-verhaltenstherapeutische Therapien, Suizidalität als
besonderes Problem der Alterspsychiatrie, Risikofaktoren, Diagnose und Behandlung.

DBT-Familienskills Claudia Trasselli, Anne Kristin von Auer, Hans Gunia, 2022-08-22 Die Borderline-Persönlichkeit stellt eine große Belastung für Betroffene aber auch für das soziale Umfeld dar. Angehörigen von Menschen mit einer Borderline-Störung fehlen häufig Fertigkeiten um mit den starken Gefühlen und dem dysfunktionalen Verhalten der Betroffenen adäquat umzugehen. In der Regel werden Angehörige selten in die Behandlung der Borderline-Betroffenen einbezogen obwohl der Einbezug in die Therapie sowohl für den Behandlungserfolg der Betroffenen als auch für die Förderung des Wohlbefindens der Angehörigen wichtig wäre. Der Praxisleitfaden stellt erstmalig im deutschen Sprachraum die von Alan Fruzzetti und Perry Hoffman entwickelten Familienskills vor die auf der Dialektisch Behavioralen Therapie DBT basieren. DBT-Familienskills sind individuelle und beziehungsorientierte Fertigkeiten für Angehörige und für Menschen mit einer Borderline-Störung. Der Einsatz der Skills verringert dysfunktionales Verhalten und familiale Konflikte, fördert Akzeptanz und Verständnis für sich selbst sowie für das betroffene Familienmitglied und verbessert die familiäre Beziehung. Das Erlernen der Skills stellt damit eine wichtige Ergänzung der Standard DBT dar. Der Band liefert eine praxisorientierte Anleitung zur Vermittlung der Familienskills in Gruppen oder im Rahmen der Paar-Familien- und Einzeltherapie. Die Skills werden jeweils anhand einer kurzen didaktischen Einführung und mithilfe von Informations- und Bungsblättern anschaulich dargestellt. Zudem werden therapeutische Strategien aufgezeigt die Therapeutinnen und Therapeuten den Umgang mit hochemotionalen und impulsiven Familienmitgliedern erleichtern. Der Band schließt damit eine wichtige Lücke in der Behandlung von Borderline-Persönlichkeitsstörungen. Die zahlreichen im Buch enthaltenen Arbeitsmaterialien können nach erfolgter Registrierung von der Hogrefe Website heruntergeladen werden.

Clinical Handbook for the Management of Mood Disorders J. John Mann, Patrick J. McGrath, Steven P. Roose, 2013-05-09 Provides a one-stop evidence-based guide to the management of all types of mood disorders.

Psychotherapie suizidaler Patienten Tobias Teismann, Christoph Koban, Francisca Illes, Angela Oermann, 2016-07-11 Etwa 10 000 Menschen sterben in Deutschland jedes Jahr an einem Suizid. Ein großer Teil der Suizide wird im Zusammenhang mit psychischen Erkrankungen verbunden. Das empathische Verstehen der Innenwelt einer suizidalen

Person der Kontaktaufbau die Beurteilung des aktuellen Suizidrisikos die Einsch tzung der Distanzierungs und Absprachef higkeit sowie die Behandlung suizidalen Erlebens und Verhaltens geh ren zu den schwersten und gleichzeitig verantwortungsvollsten Aufgaben und Herausforderungen f r professionelle Helfer Das Buch bietet einen praxisorientierten Leitfaden f r den therapeutischen Umgang mit Suizidgef denken und Suizidversuchen Der Band liefert zun chst epidemiologische tiologische und diagnostische Informationen zum Verstehen und Erkennen suizidaler Entwicklungen und Krisen Der Schwerpunkt des Buches liegt auf der Darstellung von Strategien und Methoden der Risikoabsch tzung Krisenintervention und Psychotherapie bei suizidalen Erwachsenen Kindern Jugendlichen und alten Menschen Neben verschiedenen Verfahren zur Einsch tzung der Suizidgef hrung zur Feinsteuierung der therapeutischen Beziehung zur Optimierung der motivationalen Ausgangslage und zur Krisenintervention bei akuter sowie hochakuter Suizidalit t wird der Umgang mit suizidalem Erleben und Verhalten in der kognitiven Therapie der Dialektisch Behavioralen Therapie DBT und dem Cognitive Behavioral Analysis System of Psychotherapy CBASP aufgezeigt Das therapeutische Vorgehen wird anhand zahlreicher Fallbeispiele veranschaulicht Schlie lich wird ein berblick ber Strategien der Postvention gegeben die m gliche negative Auswirkungen bei Mitbetroffenen eines Suizides verringern sollen und es werden rechtliche Aspekte im Umgang mit suizidalen Patienten erl utert

Integrierte Versorgung bei Borderline-Pers nlichkeitsst rungen Katharina Krog,Marlene Reiner,Nora Surpanu,Julia Bierbrodt,Ingo Schäfer,Andreas Schindler,2020-12-07 Die Borderline Pers nlichkeitsst rung BPS zeichnet sich durch ein komplexes tiefgreifendes Muster von Instabilit t in Selbstbild Verhalten und Beziehungen der Betroffenen aus Die St rung stellt eine massive Herausforderung f r die Betroffenen Angeh rigen sowie Behandelnden dar Vor allem f r schwer kranke Patientinnen und Patienten fehlen ambulante Behandlungsm glichkeiten die der Komplexit t der St rung gerecht werden und hinreichend krisenfest sind Obwohl die Behandlungsleitlinien explizit eine Komplexbehandlung im Sinne einer Integrierten Versorgung empfehlen fehlten derartige Angebote bislang so dass immer noch der gr te Teil der in Deutschland f r die BPS aufgewendeten Mittel in station re Kriseninterventionen flie t Die Integrierte Versorgung IV Borderline setzt nun die Leitlinienempfehlung in ein auf der Dialektisch Behavioralen Therapie DBT basierendes multimodales langfristig angelegtes und st rungsspezifisches Behandlungskonzept um Vordringliche Ziele sind die F rderung einer funktionalen Selbstregulation die Verbesserung der Lebensqualit t der Abbau selbstsch digenden Verhaltens und die Reduktion station rer Kriseninterventionen Zentrales Element ist ein ambulantes interdisziplin res IV Kernteam das in einem psychiatrischen Krankenhaus mit regionalem Versorgungsauftrag arbeitet und dessen Strukturen nutzt Inhaltlich arbeitet dieses Team als DBT Team Es bietet DBT Einzel und Gruppentherapie Krisenintervention Psychopharmakotherapie und sozialp dagogische Unterst tzung aus einer Hand Ersten Evaluationsdaten zufolge scheint das Konzept in der Lage zu sein schwer kranke BPS Patientinnen und Patienten weitestgehend ambulant erfolgreich zu behandeln Es soll dazu beitragen die bisherige Fragmentierung der Behandlungsangebote zu berwinden Dieser

Praxisleitfaden beschreibt erstmals detailliert die Strukturen und das therapeutische Vorgehen der Integrierten Versorgung Borderline Behandlung von Jugendlichen mit Identitätsstörungen (AIT) Pamela A. Foelsch, Susanne Schlüter-Müller, Anna E. Odom, Helen Arena, Andrés Borzutzky H., Klaus Schmeck, 2013-11-12 W hrend der Gro teil der Adoleszenten befriedigende zwischenmenschliche Beziehungen aufbaut erfolgreich in der Schule und bei der Arbeit ist sowie erste romantische Partnerschaften hat gibt es eine Minderheit von Adoleszenten denen dies nicht gelingt Diese Jugendlichen haben ein hohes Risiko vermehrt Probleme in der Schule und bei der Arbeit in der Familie in intimen und zwischenmenschlichen Beziehungen zu entwickeln Dabei kommt der Gefahr eine Identit tsdiffusion mit ihren dazugeh rigen Psychopathologien zu entwickeln eine signifikante Bedeutung zu AIT hat zum Ziel Blockaden zu l sen die eine normale Identit tsentwicklung behindern um somit langfristig ein adaptiveres Funktionsniveau zu erreichen das zeigt sich z B in verbesserten zwischenmenschlichen Beziehungen Vorstellungen von Lebenszielen in befriedigenden romantischen Partnerschaften in verbesserter Impulskontrolle Affektregulation und Frustrationstoleranz Um diese Ziele zu erreichen werden aus der bertragungsfokussierten Therapie f r Erwachsene abgeleitete psychodynamische Therapiemethoden mit systemischen und verhaltenstherapeutischen Behandlungsans tzen in einem gemeinsamen Therapiekonzept verbunden Neben einem kompakten Grundlagenteil zu St rungsbeschreibung und Diagnostik bietet das AIT Manual eine Vielzahl von Arbeitsmaterialien und unterst tzenden Hilfen f r die Therapiesitzungen durch viele konkrete Beispiele

The Oxford Handbook of Dialectical Behaviour Therapy Michaela A. Swales, 2018-10-25 Dialectical behavior therapy DBT is a specific type of cognitive behavioral psychotherapy developed in the late 1980s by psychologist Marsha M Linehan to help better treat borderline personality disorder Since its development it has also been used for the treatment of other kinds of mental health disorders The Oxford Handbook of DBT charts the development of DBT from its early inception to the current cutting edge state of knowledge about both the theoretical underpinnings of the treatment and its clinical application across a range of disorders and adaptations to new clinical groups Experts in the treatment address the current state of the evidence with respect to the efficacy of the treatment its effectiveness in routine clinical practice and central issues in the clinical and programmatic implementation of the treatment In sum this volume provides a desk reference for clinicians and academics keen to understand the origins and current state of the science and the art of DBT

Doing Dialectical Behavior Therapy Kelly Koerner, 2012-02-01 Filled with vivid clinical vignettes and step by step descriptions this book demonstrates the nuts and bolts of dialectical behavior therapy DBT DBT is expressly designed for and shown to be effective with clients with serious multiple problems and a history of treatment failure The book provides an accessible introduction to DBT while enabling therapists of any orientation to integrate elements of this evidence based approach into their work with emotionally dysregulated clients Experienced DBT clinician and trainer Kelly Koerner clearly explains how to formulate individual cases prioritize treatment goals and implement a skillfully orchestrated blend of behavioral change strategies

validation strategies and dialectical strategies See also Dialectical Behavior Therapy in Clinical Practice Second Edition Applications across Disorders and Settings edited by Linda A Dimeff Shireen L Rizvi and Kelly Koerner which presents exemplary DBT programs for specific clinical problems and populations Nichtsuizidales selbstverletzendes Verhalten (NSSV) von Jugendlichen und jungen Erwachsenen Wilhelm Rotthaus,2023-09-18 Nichtsuizidale Selbstverletzungen erschrecken und befremden nicht nur Angeh rige sondern auch viele Professionelle Sie wecken Gef hle von Hilflosigkeit Schuld und Wut Traurigkeit und Ekel Die Jugendlichen und jungen Erwachsenen begegnen dementsprechend nicht selten einer Wand von Unverst ndnis und Ablehnung Kritik und Vorw rfen Dabei ist Selbstverletzung ein Jahrtausende altes charakteristisch menschliches Verhalten in der Auseinandersetzung mit dem Sinn des Lebens mit seinen Bedrohungen und Gefahren mit Ungl ck und Trauer mit M hsal und pers nlichem Scheitern Ziel des Buches ist es Menschen die sich selbst verletzen mit einer Haltung von Gelassenheit und Akzeptanz Wertsch tzung und Respekt begegnen zu k nnen Wilhelm Rotthaus vermittelt dazu therapeutische Konzepte f r Gespr che mit den Betroffenen und ihren Angeh rigen und stellt unterschiedliche Vorgehensweisen mit konkreten Anregungen f r die Praxis vor Nicht zuletzt stellt das Buch Kriterien zur Verfung die einen m glichen bergang von der Selbstverletzung zu einem suizidalen Verhalten anzeigen **Dialectical Behavior Therapy** Lane D. Pederson,2015-03-30 A definitive new text for understanding and applying Dialectical Behavior Therapy DBT Offers evidence based yet flexible approaches to integrating DBT into practice Goes beyond adherence to standard DBT and diagnosis based treatment of individuals Emphasizes positivity and the importance of the client s own voice in assessing change Discusses methods of monitoring outcomes in practice and making them clinically relevant Lane Pederson is a leader in the drive to integrate DBT with other therapeutic approaches **Dialectical Behaviour Therapy** Michaela A. Swales,Heidi L. Heard,2016-11-01 Dialectical Behaviour Therapy DBT is a psychotherapeutic approach used to treat individuals with complex psychological disorders particularly chronically suicidal individuals with borderline personality disorder BPD The therapy articulates a series of principles that effectively guide clinicians in responding to problematic behaviours Treated problems include among others attempting suicide bingeing purging using illegal drugs and behaviours that directly impede the treatment Dialectical Behaviour Therapy Distinctive Features highlights theoretical and practical features of the treatment using extensive clinical examples to demonstrate how the theory translates into practice This updated edition reviews recent modifications to the structure of the treatment and considers more recent research evidence for both the biosocial theory underpinning the treatment and treatment efficacy The book provides a clear overview of a complex treatment through a unique application of strategies and a discussion of a comprehensive treatment programme that structures the therapeutic journey for the client The book will be of interest to clinicians wanting to develop their knowledge about the treatment prior to formal training post graduate students in mental health seeking to learn how to conceptualize complex problems DBT trained clinicians who require a useful pr cis of the treatment with clinical examples

and clients about to embark upon this treatment This book provides a clear and structured overview of a complex treatment It is written for both practising clinicians and students wishing to learn more about DBT and how it differs from the other cognitive behaviour therapies **The Practice of Functional Analytic Psychotherapy** Jonathan W. Kanter, Mavis Tsai, Robert J. Kohlenberg, 2010-06-14 Since the earliest years of its development Functional Analytic Psychotherapy FAP has been hailed for its clinical innovation and transformative power with clients across the range of disorders Building on the foundations of their earlier volumes about this versatile therapy the editors of The Practice of Functional Analytic Psychotherapy bring together noted clinicians and researchers to explain in depth how FAP can be used in conjunction with a broad spectrum of therapeutic approaches and with diverse client populations The hallmarks of the method including therapist sensitivity and responding to client behavior in the moment courage mindfulness acceptance and egalitarianism inform a wide array of interventions and strategies among them Integrating FAP with other treatments including cognitive behavioral therapy acceptance and commitment therapy dialectical behavior therapy behavioral activation psychodynamic therapies and feminist therapies Applying FAP across cultures nationalities and ethnicities Employing FAP with couples Increasing sensitivity to and effectiveness with sexual minority clients Modifying FAP for developmentally appropriate use with adolescents Enhancing a team approach with severely mentally ill patients in institutional settings Strengthening the power of interpersonal process groups As a new tool or an enhancement to current practice these applications of FAP will give therapists an empowering complement to their work The Practice of Functional Analytic Psychotherapy points to compelling directions in personal growth and change on both sides of the therapeutic bond **Dialectical Behavior**

Therapy for At-Risk Adolescents Pat Harvey, Britt H. Rathbone, 2014-01-02 Adolescents are more likely than any other age groups to engage in behaviors that contribute to injuries violence unintended pregnancies sexually transmitted diseases and reckless alcohol tobacco and drug use At risk adolescents may also exhibit signs of moodiness aggression and even self injury and these behaviors often cause parents teachers and clinicians to become extremely frustrated Adolescents themselves may even believe that change is impossible Drawing on proven effective dialectical behavior therapy DBT Dialectical Behavior Therapy for At Risk Adolescents is the first reader friendly and easily accessible DBT book specifically targeted to mental health professionals treating adolescents who may be dangerous to themselves or others If you work with adolescents who exhibit at risk behavior you know how important it is to take immediate action However you may also have trouble breaking through the barrier that these young people can build around themselves This book can help The DBT skills outlined in this book are evidence based and have been clinically proven to help build emotion regulation skills which are useful for all age groups though perhaps especially for the millions of at risk adolescents experiencing depression anxiety anger and the myriad behaviors that can result from these emotions This book also includes practical handouts and exercises that can be used in individual therapy sessions skills training groups school settings and when working with parents and caregivers

Adolescents stand at the precipice of the future and the decisions they make now can have life long impacts By showing them how to manage their emotions and deal with the stresses that are common in day to day life you are arming them with the tools they will need to succeed and thrive **Sex Trafficking** Jennifer Davidz,Caroline M. Haskamp,Danielle H.

Millen,Brittany Plombon,Giovanna Basilio,Tom D. Kennedy,2022-08-09 This Brief proposes best practices for assessment and intervention with sex trafficking survivors rooted in the existing theory and practice literatures Based in current research and clinical practice these recommendations are embedded in the context of cultural sensitivity This volume provides a relevant practical and informative outline of sex trafficking associated legal aspects and best practices for mental health clinicians to aid in successful treatment of sex trafficking survivors *DBT-Informed Art Therapy in Practice* Susan M.

Clark,2021-06-21 Responding to growing interest in DBT informed art therapy this edited guide focuses specifically on how these interventions can treat a variety of client groups Combining the structure and skill development of DBT with the creativity and non verbal communication of art therapy can be a significant advantage in treating patients who are resistant to talking therapy This book includes international contributors who cover work with a wide variety of populations such as those with suicidal behaviours eating disorders and personality disorders Divided in two parts Part I focuses purely on DBT informed art therapy whilst Part II brings in multi modal DBT informed approaches such as poetry and movement but all with visual art as a component [Enhancing CBT Through Family and Peer Engagement](#) Lillian Reuman,Johanna

Thompson-Hollands,2024-12-20 This edited volume brings together clinical and research experts to focus on the important roles that personal relationships play in terms of outcome Each chapter includes practical guidance in this areas a synthesis of recent empirical evidence and the clinical considerations for diverse identities This book emphasizes a transdiagnostic approach in assessment and therapy across levels of care and how it can be implemented in a variety of settings including community mental health centers inpatient hospital settings and schools Differing configurations of therapy are also discussed such as whole family or parent partner only formats This text holds relevance for both clinical trainees and seasoned professionals alike From the foreword by Nikolaos Kazantzis Family members and peers often play crucial roles either supporting the individual within or outside sessions and at other times may inadvertently reinforce symptoms thus maintaining the disorder Including these significant others in clinical assessment and treatment offers unique benefits and can augment or exceed the benefits of individual interventions The practice of CBT ideally considers the individual in context within family peer and partner relationships As we move towards a science for CBT that clearly identifies those processes of etiology that become processes of treatment strengthening interpersonal relationships including directly drawing on the support of others in the client s life can bolster the effects of CBT The purpose of Dr Reuman and Dr Thompson Hollands book is to inspire clinicians and researchers to continue expanding family and peer involvement across settings and conditions By embracing the synergistic power of CBT and interpersonal support we can create a more holistic and effective

therapeutic experience for those we serve Dr Reuman and Dr Thompson Hollands have performed exceptionally well in this regard **Personality Disorders** Robert Feinstein,2022 Personality Disorders is an up to date evidence based and accessibly written review to assist psychiatry residents fellows and practitioners in the understanding and treatment of patients with various personality styles and personality disorders Diverse theoretical orientations are presented along with current information on diagnosis assessment and clinical management including medication management and group therapy

The Case Formulation Approach to Cognitive-Behavior Therapy Jacqueline B. Persons,2012-10-22 A major contribution for all clinicians committed to understanding and using what really works in therapy this book belongs on the desks of practitioners students and residents in clinical psychology psychiatry counseling and social work It will serve as a text in graduate level courses on cognitive behavior therapy and in clinical practica

Embracing the Beat of Term: An Mental Symphony within *Dialectical Behavior Therapy In Clinical Practice Applications Across Disorders And Settings*

In some sort of taken by screens and the ceaseless chatter of instantaneous connection, the melodic splendor and emotional symphony produced by the published word often fade into the background, eclipsed by the relentless sound and interruptions that permeate our lives. However, located within the pages of **Dialectical Behavior Therapy In Clinical Practice Applications Across Disorders And Settings** a stunning fictional treasure full of natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that fascinating masterpiece conducts readers on an emotional journey, well unraveling the hidden songs and profound impact resonating within each carefully constructed phrase. Within the depths of the poignant review, we can investigate the book's main harmonies, analyze their entralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers' souls.

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Dialectical Behavior Therapy In Clinical Practice Applications Across Disorders And Settings Introduction

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