

A photograph of a therapist and a client in a session. The therapist, on the left, is wearing glasses and has her hair in a ponytail. The client, on the right, is also wearing glasses and has long dark hair. They are sitting at a desk with a laptop and some plants. The background is a bright, modern office space with large windows and indoor plants.

Therapy Techniques for Anxiety: Exploring Metacognitive Therapy

Pro Therapy Techniques

Annelies Wilder-Smith



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