

A photograph of a therapist and a client in a session. The therapist, on the left, is wearing glasses and a blue top, and is looking towards the client. The client, on the right, is also wearing glasses and a light-colored top, and is looking back at the therapist. They are sitting at a desk with a laptop and some plants in the background. A large green text box is overlaid on the center of the image.

# Therapy Techniques for Anxiety: Exploring Metacognitive Therapy

# Therapy Techniques Pro

**Puja Mehta**



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