

TIME-EXTENDED THERAPY

Authored by
mohammad looti

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a type of group psychotherapy wherein extended sessions take the place of or take turns with sessions of typical length. The experience is generally very emotional and revealing since, because of fatigue and other reasons, the involved parties haven't much energy for defensive games.

TIME-EXTENDED THERAPY: "Time-extended therapy is often very beneficial in couples therapy for reluctant spouses who aren't fully comfortable with discussing such private matters."

SELF-ABASEMENT

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