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treating trauma related dissociation a practical integrative approach by onno van der hart suzette boon kathy steele coping with trauma related dissociation skills training for patients and

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问题不是问题 问题在于如何处理问题 the problem is not the problem coping is the problem 问题不是问题 问题在于如何处理问题

richard lazarus 1966 – 1991 cognitive appraisal theory psychological stress and the coping process

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