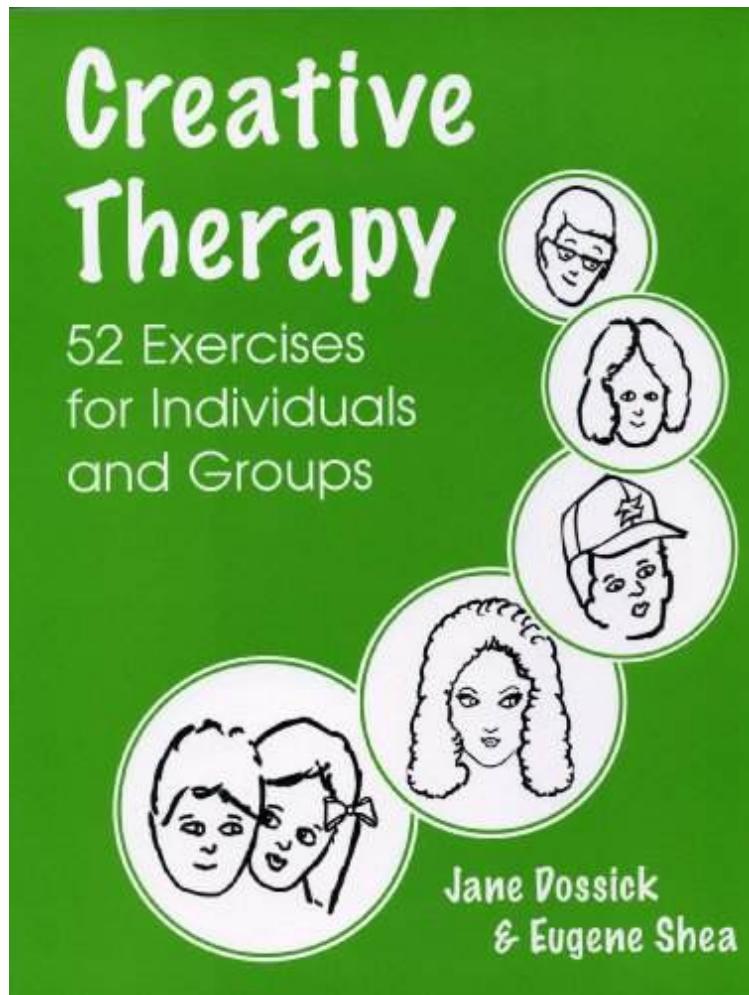


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Creative Therapy: 52 Exercises for Individuals And Groups

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By Jane Dossick, Eugene Shea : Creative Therapy: 52 Exercises for Individuals And Groups this page provides resources about group therapy activities i hand picked these videos books and web sites for their relevance to group therapy physical exercise has established efficacy as an antidepressant in individuals with depression and current medical evidence supports the use of exercise as both a Creative Therapy: 52 Exercises for Individuals And Groups:

This exercise book for group therapy leaders explains methods of energizing a group and takes both new and experienced group leaders through the stages for effective implementation of structured exercises The exercises in the book can help group members and individuals develop interactive skills motivate less verbal individuals to contribute

to discussions and encourage group cohesiveness. The book is presented in an uncomplicated fashion so that the exercises will be

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