

EMDR Solutions II

*for Depression, Eating Disorders,
Performance, and More*



ROBIN SHAPIRO, Editor

Emdr Solutions

Robin Shapiro



Emdr Solutions :

EMDR Solutions Robin Shapiro, 2018-11-23 Practical therapeutic strategies and clinical insights from EMDR practitioners who serve diverse clinical populations In EMDR Solutions you will find fifteen exemplary EMDR solutions each of which develops the Standard Protocol in creative and highly effective ways These solutions move EMDR forward and expand the application of this powerful therapeutic approach In this source book of therapeutic strategy and clinical insight each chapter presents step by step instructions for implementing a particular EMDR solution with clients Each intervention is enriched with relevant case histories that bring to life new targets for and variations on the standard EMDR protocol Concrete and specific the clinical work illustrated here will add to your fund of knowledge and broaden your practice Robin Shapiro has gathered a stellar group of EMDR practitioners Each of the contributors offers key therapeutic insights in an easy to digest form Maureen Kitchur presents her Strategic Developmental Model a meta model for EMDR practice that encompasses all phases of the Standard Protocol Ericksonian utilization language and attachment enhancing practices Kitchur's model gives a clear order for EMDR processing and a way to process wordless or implicit experience Roy Kiessling offers his Resource Development strategies Easy to learn and very helpful for clients who are disorganized or in crisis Kiessling's methods turn resources into cognitive interweaves and ego states into resources Sandra Wilson and Robert Tinker demonstrate an effective treatment for phantom limb pain that encompasses treatment from history taking through processing to It's gone A J Popky turns the Subjective Units of Distress scale SUDS on its head by targeting inappropriate positive affect Popky also shares his DeTUR protocol with its Level of Urge to Use LOUU for the treatment of addictions and compulsive behavior Jim Knipe builds on Popky's work with the SUDS and presents techniques for clearing love sickness procrastination avoidance and codependence using the Level of Urge to Avoid LOUA Joanne Twombly and Ulrich Lanius teach two very different preparations for doing EMDR with people with dissociative disorders Twombly's applies techniques derived from hypnosis and ego state work while Lanius shows how to use opiate inhibiting medication to allow EMDR to work with dissociated clients Robin Shapiro addresses the Two Hand Interweave a simple but widely applicable exercise of discernment Shapiro also contributes chapters on using EMDR with anxiety disorders in differentiation based couple's therapy and with generational and cultural introjects Elizabeth Turner engages children with art therapy play therapy and story telling in all phases of EMDR Her chapter is the delightful cherry on top of this informative easy to use book Additional chapters by Carole Lovell Andrew Seubert Jim Cole and Susan Schulherr address EMDR with dialectical behavior therapy DBT with borderline clients working with mentally retarded clients a reenactment tool from guided imagery and the binge starve cycle of eating disorders Whether you read EMDR Solutions cover to cover or peruse one chapter that speaks to a particular technique or client population you will be adding crucial skills and knowledge to your EMDR toolbox **EMDR Solutions II: For Depression, Eating Disorders, Performance, and More** Robin Shapiro, 2009-03-30 A clear and comprehensive

guide to using EMDR in clinical practice This edited collection a follow up to Shapiro s successful EMDR Solutions presents step by step instructions for implementing EMDR approaches to treat a range of issues written by leading EMDR practitioners The how to approach mixed with ample clinical wisdom will help clinicians excel when using EMDR to treat their clients The units include A comprehensive compendium of EMDR interventions for Depression it begins with Robin Shapiro s Assessment Trauma Based and Endogenous Depression chapters continues with Jim Knipe s Shame Based Depression chapter and ends with Shapiro s Attachment Based chapter The eight chapters of the Eating Disorder unit cover all the bases From etiology to neurology through Preparation phases and treatment strategies you ll learn how to work with Bulimia Anorexia Body Dysmorphia Binge Eating Disorder disorders of Desire and more Andrew Seubert is the ring leader The other writers are Janie Scholom Linda Cooke Celia Grand DaLene Forester Janet McGee Catherine Lidov and Judy Lightstone Performance Coaching and Positive Psychology unit emphasizes strengths skills focus and whatever gets in the way of reaching the goal David Grand shares his foundational 15 Strategies for Performance enhancement Ann Marie McKelvey integrates EMDR with Coaching and Positive Psychology The Complex Trauma unit includes Katie O Shea s useful and user friendly Preparation Methods and Early Trauma Protocol Sandra Paulsen and Ulrich Lanius s brilliant collaboration Integrating EMDR with Somatic and Ego State Interventions Liz Massiah s hair raising Intrusive Images chapter and Shapiro s treatment strategies for OCPD Robin Shapiro gives an overview of Medically Based Trauma and her strategies for successful treatment of Multiple Chemical Sensitivities Katherine Davis shows us how Post Partum Depression is often treatable Post Partum PTSD Ronald Ricci and Cheryl Clayton tell us how to use EMDR in our work with Sex Offenders and their complete therapeutic milieu Martha S Jacobi develops our third ear for using EMDR with Religious and Spiritually Attuned clients Contributors include Cheryl Clayton LCSW Linda J Cooke LCSW BCD DaLene Forester PhD LMFT David Grand PhD The Reverend Martha S Jacobi M Div LCSW Jim Knipe PhD Dr Ulrich Lanius Catherine Lidov MSW LCSW Judy Lightstone PhD MA MS Elizabeth Massiah MSW RSW Reg Psychologist Janet McGee LCSW Ann Marie McKelvey LPCC PCC Katie O Shea MS LMHC Sandra Paulsen PhD Ronald J Ricci PhD Janie Scholom BSN LCSW Andrew Seubert LPC NCC

EMDR Solutions I and II COMPLETE SET Robin Shapiro,Celia Grand,2017-05-30 Robin Shapiro s successful EMDR Solutions and EMDR Solutions II now available in a two book set In EMDR Solutions you will find fifteen exemplary EMDR solutions each of which develops the Standard Protocol in creative and highly effective ways These solutions move EMDR forward and expand the application of this powerful therapeutic approach In this source book of therapeutic strategy and clinical insight each chapter presents step by step instructions for implementing a particular EMDR solution with clients Each intervention is enriched with relevant case histories that bring to life new targets for and variations on the standard EMDR protocol Concrete and specific the clinical work illustrated here will add to you fund of knowledge and broaden your practice Whether you read EMDR Solutions cover to cover or peruse one chapter that speaks to a particular technique or

client population these practical therapeutic strategies and clinical insights from EMDR practitioners who serve diverse clinical populations will be add crucial skills and knowledge to your EMDR toolbox The sequel EMDR Solutions II presents step by step instructions for implementing EMDR approaches to treat a range of issues written by leading EMDR practitioners Its how to approach mixed with ample clinical wisdom will help clinicians excel when using EMDR to treat their clients Together these two books form a comprehensive guide to understanding and implementing EMDR solutions in clinical practice Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets

Marilyn Luber,2018-10-28 This one stop resource focuses on applying EMDR scripted protocols to medical related conditions Edited by a leading EMDR scholar and practitioner it delivers a wide range of step by step protocols that enable beginning clinicians as well as seasoned EMDR clinicians trainers and consultants alike to enhance their expertise more quickly when working with clients who present with medical related issues such as eating and body image dysregulation relationship distortion chronic pain and maladaptive self care behaviors The scripts are conveniently outlined in an easy to use manual style template facilitating a reliable consistent format for use with EMDR clients The scripts distill the essence of the standard EMDR protocols They reinforce the specific parts sequence and language used to create an effective outcome and illustrate how clinicians are using this framework to work with a variety of medical related issues while maintaining the integrity of the AIP model Following a brief outline of the basic elements of EMDR procedures and protocols the book focuses on applying EMDR scripted protocols to such key medical issues as eating and body image dysregulation chronic pain experiences such as migraine and fibromyalgia and maladaptive self care behaviors It includes summary sheets for each protocol to facilitate gathering information client documentation and quick retrieval of salient information while formulating a treatment plan Protocols for clinician self care add further to the book s value Key Features Encompasses a wide range of step by step scripts for medical related issues Includes scripted protocols and summary sheets in strict accordance with the AIP model Facilitates the rapid development of practitioner expertise Outlined in convenient manual style template Includes scripts for EMDR treatment of clients with eating disorders and body image dysregulation headaches fibromyalgia relationship distortion maladaptive self care behaviors and more **The Trauma Treatment Handbook: Protocols**

Across the Spectrum Robin Shapiro,2010-10-11 The therapist s go to source for treating a range of traumatized patients With so many trauma treatments to choose from how can a therapist know which is best for his or her client In a single accessible volume Robin Shapiro explains them all making sense of the treatment options available their advantages and disadvantages and how to determine which treatments are best suited to which clients **Easy Ego State Interventions**

Robin Shapiro,2016-01-21 Quick essential techniques to practice ego state therapy a popular therapeutic approach Most of us have different aspects parts or ego states of ourselves the silly and imaginative five year old part for example or the depressed anxious or angry adolescent which manifest as particular moods behaviors and reactions depending on the

demands of our external and internal environments Ego state therapy refers to a powerful flexible therapy that helps clients integrate and reconcile these distinct aspects of themselves This book offers a grab bag of ego state interventions simple practical techniques for a range of client issues that any therapist can incorporate in his or her practice In her characteristic wise compassionate and user friendly writing style Robin Shapiro explains what ego states are how to access them in clients and how to use them for a variety of treatment issues After covering foundational interventions for accessing positive adult states creating internal caregivers and working with infant and child states in Part I Getting Started With Ego State Work Shapiro walks readers step by step through a variety of specific interventions for specific problems each ready for immediate application with clients Part II Problem Specific Interventions includes chapters devoted to working with trauma relationship challenges personality disorders suicidal ideation and more Ego state work blends easily and often seamlessly with most other modalities The powerful techniques and interventions in this book can be used alone or combined with other therapies They are suitable for garden variety clients with normal developmental issues like self care challenges depression grief anxiety and differentiation from families and peer groups Many of the interventions included in this book are also effective with clients across the dissociation spectrum dissociation is a condition particularly well suited to ego state work including clients who suffer trauma and complex trauma Rich with case examples this book is both a pragmatic introduction for clinicians who have never before utilized parts work and a trove of proven interventions for experienced hands to add to their therapeutic toolbox Welcome to a powerful flexible resource to help even the most difficult clients build a sense of themselves as adult loveable worthwhile and competent

Trauma-Informed Approaches to Eating Disorders Andrew Seubert, Pam Viridi, 2024-03-27 The most comprehensive and practical book examining the relationship between trauma dissociation and eating disorders This hands on clinical guide delivers a trauma informed phase model that promotes effective treatment for individuals with all forms of eating disorders The second edition includes the addition of new chapters addressing the impact of a variety of contemporary issues such as racism LGBTQIA bias COVID 19 and neurodiversity on eating disorders as well as the treatment of eating disorders and trauma on children and teens Case studies are also included throughout the text to illustrate these issues among all types of clients with eating disorders Underscoring its effectiveness the book describes in depth a four phase treatment model encompassing team coordination case formulation and a trauma informed dissociation and attachment sensitive approach to treating eating disorders Authored and edited by noted specialists in eating and other behavioral health disorders the text examines these maladies from neurological medical nutritional and psychological perspectives Dedicated chapters address each treatment phase from a variety of orientations ranging from Eye Movement Desensitization and Reprocessing EMDR and Cognitive Behavioral Therapy CBT to body centered and creative therapies Recognizing the potential pitfalls and traps of treatment and recovery it also includes abundant psychoeducational tools for the client New to the Second Edition Delivers updated content throughout the text and

new chapters addressing the impact of racism LGBTQIA bias COVID 19 and neurodiversity on eating disorders Presents an EMDR ED protocol as an innovative approach for treating eating disorders New chapter on the presence and treatment of eating disorders and trauma among children and teens Key Features Provides an understanding of eating disorders from neurological medical nutritional and psychological perspectives Maps out a proven trauma informed four phase model for approaching trauma treatment in general and eating disorders specifically Illuminates the approach from the perspectives of EMDR therapy ego state therapy somatosensory therapy trauma focused CBT and many others Provides abundant psychoeducational tools for the client to deal with triggers and setbacks Offers the knowledge and expertise of over 25 international researchers medical professionals and clinicians

Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols Marilyn Luber, 2009-08-17 This excellent book contains many different scripts applicable to a number of special populations It takes a practical approach and walks therapists step by step through the EMDR therapeutic process Readers will not be disappointed Score 93 4 stars Doody's Praise from a practicing EMDR therapist and user of Eye Movement Desensitization and Reprocessing EMDR Scripted Protocols Kudos to everyone who contributed to this important volume It is an indispensable resource Thank you thank you thank you Andrea B Goldberg LCSW EMDRIA Certified EMDR Therapist EMDRIA Consultant in training Bloomfield and Newark NJ This book outlines some of the basic elements of the 11 Step Standard Procedure of EMDR and the Standard Three Pronged EMDR Protocol Unlike other EMDR books however this book focuses on applying EMDR scripted protocols to special populations Special populations discussed include children adolescents couples and clients suffering from complex posttraumatic stress disorder dissociative disorders anxiety addictive behaviors and severe pain This is a volume rich in wisdom and insight that every EMDR clinician working with special populations will need in his or her collection Key topics include EMDR preparation assessment and desensitization phases for children Integrating EMDR into couples therapy EMDR protocol for treating sexual dysfunction EMDR informed treatment approaches for dissociative disorders Clearing the pain of unrequited love with EMDR An EMDR approach to treating substance abuse and addiction EMDR for pain patients Self care for EMDR practitioners

Doing Psychotherapy: A Trauma and Attachment-Informed Approach Robin Shapiro, 2020-02-25 How to start do and complete psychotherapy that is trauma and attachment based as well as culturally informed Most books about doing psychotherapy are tied to particular psychotherapeutic practices Here seasoned clinical author Robin Shapiro teaches readers the ins and outs of a trauma and attachment informed approach that is not tied to any one model or method This book teaches assessment treatment plans enhancing the therapeutic relationship and ethics and boundary issues all within a general framework of attachment theory and trauma Practical chapters talk about working with attachment problems grief depression cultural differences affect tolerance anxiety addiction trauma skill building suicidal ideation psychosis and the beginning and end of therapy Filled with examples suggestions for dialogue and questions for a variety of therapeutic situation Shapiro's

conversational tone makes the book very relatable Early career therapists will refer to it for years to come and veteran practitioners looking for a refresher or introduction to the latest in trauma and attachment work will find it especially useful

Using Spirituality in EMDR Therapy Alexandra Dent,2025-03-10 Using Spirituality in EMDR Therapy offers a means for EMDR therapists to integrate a spiritual perspective into their own lives as well as their clinical practice The book offers a valuable alternative to traditional forms of psychotherapy by placing an emphasis on purpose and meaning Taking a spiritually informed model Heart Led Psychotherapy HLP which is applicable to anyone regardless of their spiritual beliefs the book uses a BioPsychoSocioSpiritual approach to treat psychological distress The book provides a comprehensive guide on how to incorporate spirituality into each of the 8 phases of EMDR therapy and beyond It will increase your confidence to work spiritually with clients to deepen their transformative healing process and support them to live a more authentic heart led life Illustrated with case studies to highlight key points and including a range of practical resources exercises scripts and strategies this engaging book will be of great interest to EMDR therapists

A Therapist's Guide to Treating Eating Disorders in a Social Media Age Shauna Frisbie,2020-09-08 An innovative therapeutic approach for counteracting the impact of social media on eating disorders and identity formation All humans need space to think to be and to process without constant distraction This is especially true of adolescents and young adults for whom identity formation is a consuming task Social media has generated both a place for the creation of identity and an audience But constant connection leaves little space without intrusion from others For those with body dissatisfaction and or eating disorders living in today s world can be especially challenging and viewing images on social media and other online formats can be devastating Shauna Frisbie utilizes phototherapy techniques to view client selected images whether they be of themselves or others to help uncover underlying messages that are impacting their relationship to their bodies Integrating concepts of healing narratives neuroscience and phototherapy this book will help any therapist promote self compassion self reflection and healing in their clients

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug,2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put

individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree

Unlocking the Emotional Brain Bruce Ecker,Robin Ticic,Laurel Hulley,2022-03-23 In *Unlocking the Emotional Brain* authors Ecker Ticic and Hulley equip readers to carry out focused empathic therapy using the potent process of memory reconsolidation the recently discovered and only known process for actually unlocking emotional memory at the synaptic level The Routledge classic edition includes a new preface from the authors describing the book s widespread impact on psychotherapy since its initial publication Emotional memory s tenacity is the familiar bane of therapists and researchers had long believed that emotional memory forms indelible learning Reconsolidation has overturned these views It allows new learning to truly nullify not just suppress the deep intensely problematic emotional learnings that form outside of awareness during childhood or in later tribulations and generate most of the symptoms that bring people to therapy Readers will learn methods that precisely eliminate unwanted ingrained emotional responses whether moods behaviors or thought patterns causing no loss of ordinary narrative memory while restoring clients well being Numerous case examples show the versatile use of this process in AEDP coherence therapy EFT EMDR and IPNB

Neurobiology and Treatment of Traumatic Dissociation Ulrich F. Lanius, PhD,Sandra Paulsen,Sandra L. Paulsen, PhD,Frank M. Corrigan,2014-05-13 Print CourseSmart

The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization (Norton Series on Interpersonal Neurobiology) Onno van der Hart,Ellert R. S. Nijenhuis,Kathy Steele,2006-11-17 Life is an ongoing struggle for patients who have been chronically traumatized They typically have a wide array of symptoms often classified under different combinations of comorbidity which can make assessment and treatment complicated and confusing for the therapist Many patients have substantial problems with daily living and relationships including serious intrapsychic conflicts and maladaptive coping strategies Their suffering essentially relates to a terrifying and painful past that haunts them Even when survivors attempt to hide their distress beneath a facade of normality a common strategy therapists often feel besieged by their many symptoms and serious pain Small wonder that many survivors of chronic traumatization have seen several therapists with little if any gains and that quite a few have been labeled as untreatable or resistant In this book three leading researchers and clinicians share what they have learned from treating and studying chronically traumatized individuals across more than 65 years of collective experience Based on the theory of structural dissociation of the personality in combination with a Janetian psychology of action the authors have developed a model of phase oriented treatment that focuses on the identification and

treatment of structural dissociation and related maladaptive mental and behavioral actions The foundation of this approach is to support patients in learning more effective mental and behavioral actions that will enable them to become more adaptive in life and to resolve their structural dissociation This principle implies an overall therapeutic goal of raising the integrative capacity in order to cope with the demands of daily life and deal with the haunting remnants of the past with the unfinished business of traumatic memories Of interest to clinicians students of clinical psychology and psychiatry as well as to researchers all those interested in adult survivors of chronic child abuse and neglect will find helpful insights and tools that may make the treatment more effective and efficient and more tolerable for the suffering patient **Science and**

Pseudoscience in Clinical Psychology Scott O. Lilienfeld, Steven Jay Lynn, Jeffrey M. Lohr, 2014-10-17 This valued resource helps practitioners and students evaluate the merits of popular yet controversial practices in clinical psychology and allied fields and base treatment decisions on the best available research Leading authorities review widely used therapies for a range of child adolescent and adult disorders differentiating between those that can stand up to the rigors of science and those that cannot Questionable assessment and diagnostic techniques and self help models are also examined The volume provides essential skills for thinking critically as a practitioner evaluating the validity of scientific claims and steering clear of treatments that are ineffective or even harmful New to This Edition Reflects the significant growth of evidence based practices in the last decade Updated throughout with the latest treatment research Chapter on attachment therapy Chapter on controversial interventions for child and adolescent antisocial behavior Addresses changes in DSM 5 **The Concise**

Dictionary of Pastoral Care and Counseling Glenn H. Asquith JR., 2010-09-01 The Concise Dictionary of Pastoral Care and Counseling is a condensed version of the Dictionary of Pastoral Care and Counseling first published in 1990 with new and updated articles This book provides classic and key articles that explain current theories trends and practices in the field of Pastoral Care and Counseling Contents include Definitions History and Biography Issues of Power and Difference Interfaith Issues and Methods Clinical Method and Pastoral Theological Method Haunted Self Onno van der Hart, Ellert R

Nijenhuis, K Steele, 2006-10-17 Life is an ongoing struggle for patients who have been chronically traumatized They typically have a wide array of symptoms often classified under different combinations of comorbidity which can make assessment and treatment complicated and confusing for the therapist Many patients have substantial problems with daily living and relationships including serious intrapsychic conflicts and maladaptive coping strategies Their suffering essentially relates to a terrifying and painful past that haunts them Even when survivors attempt to hide their distress beneath a facade of normality a common strategy therapists often feel besieged by their many symptoms and serious pain Small wonder that many survivors of chronic traumatization have seen several therapists with little if any gains and that quite a few have been labeled as untreatable or resistant In this book three leading researchers and clinicians share what they have learned from treating and studying chronically traumatized individuals across more than 65 years of collective experience Based on the

theory of structural dissociation of the personality in combination with a Janetian psychology of action the authors have developed a model of phase oriented treatment that focuses on the identification and treatment of structural dissociation and related maladaptive mental and behavioral actions The foundation of this approach is to support patients in learning more effective mental and behavioral actions that will enable them to become more adaptive in life and to resolve their structural dissociation This principle implies an overall therapeutic goal of raising the integrative capacity in order to cope with the demands of daily life and deal with the haunting remnants of the past with the unfinished business of traumatic memories Of interest to clinicians students of clinical psychology and psychiatry as well as to researchers all those interested in adult survivors of chronic child abuse and neglect will find helpful insights and tools that may make the treatment more effective and efficient and more tolerable for the suffering patient

Inviting the Spirit of Play to Transform Trauma Monica C. Blum, 2025-09-17 This unique and accessible book unites leading edge trauma approaches with the power of playful practice to treat traumatized clients of all ages Abundant case examples and exercises show new and established therapists how to relationally engage a playful mindset not play therapy to accelerate trauma healing and transformation The book grows up the wisdom embedded in child based playfulness and grows down complex adult focused trauma theory Readers will discover how to playfully integrate scientifically supported healing principles of Polyvagal Theory Interpersonal Neurobiology Coherence Therapy Accelerated Experiential Dynamic Psychotherapy Sensorimotor Psychotherapy and Internal Family Systems along with broaden and build theory affective neuroscience structural dissociation mindfulness spirituality and more Most importantly this book will empower therapists working at the heart of trauma treatment to compassionately hold space for the depth of trauma s painful isolating effects while embodying play s life affirming joyful and transformational qualities to make trauma healing more fun creative engaging and effective

Intervention in Mental Health-Substance Use David B. Cooper, 2016-09-19 The Mental Health Substance Use series provides clear guidance for professionals on this complex and increasingly recognised field It concentrates on the concerns dilemmas and concepts that impact on the life and well being of affected individuals and those close to them and the future direction of practice education research services intervention and treatment Mental health substance use is a complex and varied phenomenon and this volume stresses an appreciation that interventions that work for one individual or family may prove ineffective for another It therefore explores the needs of individuals and carers the nature of the therapeutic relationship and the theory and application of a variety of interventional techniques these include group therapy cognitive behaviour therapy CBT motivational interviewing MI brief interventions and many more The volumes in this series are designed to challenge concepts and stimulate debate exploring all aspects of the development in treatment intervention and care response and the adoption of research led best practice They are essential reading for mental health and substance use professionals students and educators

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