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Further Reading Self help. Oxford Stress & Trauma Centre. Dryden W (2001). Overcoming Guilt. Sheldon Press: London. Coping with Catastrophe.

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a problem list and setting goals \* choosing a target problems and assessing a specific example \* questioning beliefs \* dealing guilt, hurt , unhealthy anger

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Lynn, Steven Jay (Ed); Kirsch, Irving (Ed); Rhue, Judith W. (Ed), (1996). Casebook of clinical hypnosis. , (pp. 335-347). Washington, DC, US:

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