

childhood trauma questionnaire pdf

childhood trauma questionnaire pdf is a vital resource widely used by mental health professionals, researchers, educators, and clinicians to assess and understand the impact of adverse childhood experiences (ACEs). This comprehensive questionnaire provides valuable insights into the various forms of trauma that individuals may have endured during their formative years. Its digital availability in PDF format makes it accessible for practitioners and researchers worldwide, facilitating efficient data collection, analysis, and intervention planning. Whether you're a mental health professional seeking a reliable assessment tool or a researcher interested in studying childhood trauma, understanding the significance and application of the childhood trauma questionnaire PDF is essential.

Understanding the Childhood Trauma Questionnaire (CTQ)

What is the Childhood Trauma Questionnaire?

The Childhood Trauma Questionnaire (CTQ) is a standardized self-report instrument designed to measure the severity and types of childhood abuse and neglect. Developed by Dr. Jeffrey E. Bernstein and colleagues, the CTQ has become one of the most widely used tools in clinical and research settings for assessing childhood trauma.

The CTQ encompasses a series of questions that evaluate five primary dimensions of childhood maltreatment:

- Emotional Abuse
- Physical Abuse
- Sexual Abuse
- Emotional Neglect

- Physical Neglect

These dimensions help clinicians and researchers identify the presence and extent of trauma experiences that can influence mental health outcomes later in life.

Importance of the CTQ in Clinical Practice and Research

Understanding childhood trauma is crucial because:

- Early trauma is linked to a higher risk of mental health disorders such as depression, anxiety, and PTSD.
- It influences behavioral patterns, interpersonal relationships, and overall well-being.
- Accurate assessment guides tailored treatment plans and interventions.

The CTQ provides a structured, reliable, and valid way to quantify trauma experiences, making it an indispensable tool for:

- Diagnostic assessments
- Treatment planning
- Longitudinal research studies
- Evaluating intervention outcomes

Advantages of Using the Childhood Trauma Questionnaire PDF

Accessibility and Convenience

Having the CTQ in PDF format offers several benefits:

- Easy distribution via email or online platforms
- Printable copies for paper-based assessments

- Compatibility with digital data entry tools
- Facilitates remote assessments, especially important during telehealth sessions

Standardization and Reliability

The PDF version ensures that all practitioners use the same standardized version, maintaining consistency across different settings. This standardization enhances the reliability of the assessments and comparability of results across studies.

Cost-Effective and Time-Efficient

Digital PDFs eliminate the need for purchasing printed copies repeatedly, saving costs. They also streamline the data collection process, allowing for quicker scoring and analysis.

How to Access the Childhood Trauma Questionnaire PDF

Official Sources and Licensing

Accessing a legitimate, validated version of the CTQ PDF is essential to ensure accuracy. The primary sources include:

- The original authors or publishers' websites
- Licensed mental health organizations
- Academic institutions that host the questionnaire

Many versions of the CTQ are available for free download for research and clinical purposes, while some may require licensing or permissions.

Steps to Obtain the PDF

1. Visit the official website of the CTQ or associated research institutions.
2. Register or create an account if necessary.
3. Complete any required licensing agreements.
4. Download the PDF version of the questionnaire.
5. Review the accompanying scoring guidelines and interpretation manuals.

Using the Childhood Trauma Questionnaire PDF Effectively

Administering the Questionnaire

When using the CTQ PDF:

- Ensure a quiet, private environment to promote honest responses.
- Explain the purpose of the assessment to the respondent.
- Emphasize confidentiality and voluntary participation.
- Provide clear instructions on how to complete the questionnaire.

Scoring and Interpretation

The CTQ includes a scoring manual that guides users in:

- Assigning numerical values to responses
- Calculating subscale scores for each trauma type
- Interpreting severity levels (e.g., none, low, moderate, severe)

It is crucial to adhere to these guidelines to ensure accurate assessment and appropriate clinical judgment.

Follow-Up and Intervention

Results from the CTQ should inform subsequent steps:

- Discuss findings with the individual sensitively
- Consider referrals to trauma-informed therapy or counseling
- Use the data to tailor treatment strategies addressing specific trauma experiences

Legal and Ethical Considerations

Confidentiality and Data Security

Handling sensitive trauma data requires strict confidentiality protocols:

- Store PDFs securely, preferably in encrypted formats
- Limit access to authorized personnel
- Obtain informed consent before administration

Ethical Use of the CTQ

Practitioners must ensure:

- Accurate interpretation of results
- Respect for the respondent's emotional state
- Providing appropriate support or referrals if trauma is disclosed

Limitations and Considerations of the Childhood Trauma Questionnaire PDF

Potential Limitations

While the CTQ is a valuable tool, some limitations include:

- Self-report bias due to shame, guilt, or denial
- Recall inaccuracies, especially in retrospective reporting
- Cultural differences affecting responses
- Not capturing all forms of trauma or complex trauma experiences

Complementary Assessments

To obtain a comprehensive understanding:

- Combine the CTQ with clinical interviews
- Use additional assessment tools tailored to specific populations or trauma types
- Consider cultural adaptations of the questionnaire when necessary

Conclusion

The childhood trauma questionnaire PDF is an essential instrument in the realm of mental health assessment and research. Its structured format, validated scoring system, and accessibility make it an invaluable resource for understanding the profound impact of childhood trauma. Proper utilization of the CTQ PDF, combined with ethical considerations and supplementary assessments, can significantly enhance trauma-informed care, leading to more effective interventions and better outcomes for individuals affected by adverse childhood experiences. Accessing the questionnaire through official channels ensures validity and reliability, fostering trust and accuracy in trauma assessment processes.

Keywords for SEO Optimization:

- childhood trauma questionnaire pdf
- CTQ assessment tool
- childhood abuse and neglect questionnaire
- trauma assessment PDF download
- childhood trauma measurement
- how to use the CTQ PDF
- childhood trauma evaluation
- mental health trauma assessment
- reliable trauma questionnaire
- childhood trauma research tools

Frequently Asked Questions

What is the Childhood Trauma Questionnaire (CTQ) and how is it used in research?

The Childhood Trauma Questionnaire (CTQ) is a validated self-report instrument designed to assess experiences of childhood abuse and neglect. It is widely used in research to quantify trauma exposure, identify correlations with mental health outcomes, and inform clinical assessments.

Where can I find a free PDF version of the Childhood Trauma Questionnaire?

You can find the official CTQ PDF, along with scoring instructions and related materials, on the original author's website or through academic repositories such as researchGate or institutional libraries.

Ensure you access a legitimate and updated version for accurate assessment.

Is the Childhood Trauma Questionnaire available for online administration or only as a PDF?

While the CTQ is commonly available as a PDF for paper-based administration, there are also validated online versions and digital platforms that facilitate electronic administration, scoring, and data collection, making it accessible for remote assessments.

How reliable is the Childhood Trauma Questionnaire in clinical settings?

The CTQ has demonstrated high reliability and validity in clinical populations, making it a useful tool for screening and assessing childhood trauma history. However, it should be used alongside clinical interviews for comprehensive evaluation.

Are there any considerations or limitations when using the CTQ PDF for assessment?

Yes, when using the CTQ PDF, consider factors such as self-report bias, the need for proper interpretation of scores, and the importance of trained professionals to administer and interpret results. The questionnaire should be used as part of a broader assessment process.

Additional Resources

Childhood Trauma Questionnaire PDF: An In-Depth Review and Expert Analysis

Understanding and addressing childhood trauma is a critical aspect of mental health care, research, and early intervention. Among the many tools available for assessing trauma, the Childhood Trauma Questionnaire (CTQ) has emerged as a widely used, validated instrument. When delivered in PDF format, the CTQ offers practitioners, researchers, and even individuals a flexible and accessible means of evaluating traumatic childhood experiences. In this article, we will explore the Childhood Trauma

Questionnaire PDF in detail, examining its features, benefits, limitations, and best practices for effective utilization.

What Is the Childhood Trauma Questionnaire (CTQ)?

The Childhood Trauma Questionnaire (CTQ) is a self-report instrument designed to assess experiences of childhood maltreatment across various domains. Developed in the late 1990s by researchers at the University of California, San Francisco, the CTQ has become a staple in both clinical and research settings for its reliability and comprehensiveness.

Key Features of the CTQ

- Multidimensional assessment: The CTQ evaluates five primary forms of maltreatment:
 - Emotional Abuse
 - Physical Abuse
 - Sexual Abuse
 - Emotional Neglect
 - Physical Neglect
- Standardized scoring system: It provides quantitative scores that help determine severity levels, aiding in diagnosis and treatment planning.
- Validated instrument: The CTQ has undergone extensive psychometric testing, ensuring accuracy and consistency across diverse populations.
- Brief and accessible: Typically consisting of 28 items, it balances depth with brevity, making it suitable for various contexts.

The PDF Format: Accessibility and Practicality

The Childhood Trauma Questionnaire PDF is an electronic version of the original paper-based instrument. Its digital format offers several advantages:

Benefits of Using the CTQ PDF

1. Ease of Distribution

- Can be shared via email, cloud services, or integrated into electronic health records.
- Facilitates remote or telehealth assessments, increasing accessibility.

2. Cost-Effective

- Eliminates printing costs.
- Often available free or at a minimal charge from authorized sources.

3. Customizable and Interactive

- Can be embedded with digital features, such as auto-calculations, highlighting, or instructions.
- Allows for easy updates or modifications as needed.

4. Secure and Confidential

- When managed properly, digital PDFs can be password-protected, ensuring patient confidentiality.

Limitations and Considerations

- Digital Literacy Requirement
- Users must have basic familiarity with PDF interfaces.
- Technical Barriers
- Accessibility issues for individuals with visual impairments unless the PDF is optimized for screen

readers.

- Potential for Data Privacy Concerns
- Sensitive data must be stored securely to prevent breaches.

Structure and Content of the Childhood Trauma Questionnaire PDF

Understanding the structure of the CTQ in PDF form helps practitioners and respondents navigate its content effectively.

Core Components

1. Introduction and Instructions

- Clarifies the purpose of the assessment.
- Provides guidance on how to complete the questionnaire.
- Emphasizes confidentiality and honesty.

2. Items/Questions

- 28 items rated on a 5-point Likert scale:
 - Never True
 - Rarely True
 - Sometimes True
 - Often True
 - Very Often True
- Items explore various childhood experiences associated with maltreatment.

3. Scoring and Interpretation Guide

- Instructions on how to sum scores for each trauma domain.
- Thresholds indicating severity levels:
 - None or Minimal
 - Low to Moderate
 - Moderate to Severe

4. Optional Additional Modules

- Some versions include supplementary questions or validity checks.

Sample Items

- "I felt loved by people in my family."
- "People in my family hit me so hard that it left marks."
- "I had no one to take care of me."

Note: The actual PDF version will include these and other items with clear formatting for easy response.

How to Use the Childhood Trauma Questionnaire PDF Effectively

For clinicians and researchers, utilizing the CTQ PDF involves several best practices to ensure accurate results and meaningful interpretation.

Recommended Steps

Step 1: Preparation

- Ensure the respondent understands the purpose and confidentiality.
- Provide a comfortable environment to encourage honesty.

Step 2: Completion

- Guide the respondent through the questionnaire.
- Clarify any confusing items without leading responses.

Step 3: Scoring

- Use the scoring instructions provided within the PDF or an electronic scoring tool.
- Record raw scores for each trauma domain.

Step 4: Interpretation

- Compare scores against established thresholds.
- Consider cultural, developmental, and contextual factors affecting responses.

Step 5: Follow-up

- Use results to inform clinical diagnosis, treatment planning, or research analysis.
- Provide appropriate support and resources for individuals reporting high levels of trauma.

Tips for Practitioners

- Maintain confidentiality at all times.
- Combine CTQ results with clinical interviews for comprehensive assessment.
- Be sensitive to the emotional impact of recalling traumatic experiences.
- Use the PDF version as part of an integrated assessment process rather than a standalone tool.

Advantages of the CTQ PDF for Different Users

For Clinicians

- Quick access to a validated assessment tool.
- Facilitates documentation and record-keeping.
- Enables remote assessments, especially in telehealth settings.

For Researchers

- Easy to distribute to study participants.
- Simplifies data collection and analysis.
- Supports large-scale epidemiological studies.

For Individuals

- Empowers self-awareness and understanding of past experiences.
- Allows for early identification of trauma-related issues.
- Serves as a starting point for seeking professional help.

Limitations and Ethical Considerations

While the CTQ PDF is a valuable instrument, certain limitations and ethical considerations must be acknowledged.

Limitations

- Self-report biases: Respondents may underreport or overreport experiences.
- Cultural sensitivity: Items may not fully capture trauma experiences across diverse cultural backgrounds.
- Lack of context: The questionnaire does not explore the context or consequences of reported trauma.

Ethical Considerations

- Informed consent: Participants should understand the purpose and implications of completing the CTQ.
- Support resources: Ensure that respondents have access to psychological support if distress arises.
- Data security: Store and transmit PDFs securely to protect sensitive information.

Conclusion: Is the Childhood Trauma Questionnaire PDF a Valuable Tool?

The Childhood Trauma Questionnaire PDF stands out as a practical, validated, and versatile instrument for assessing childhood maltreatment. Its digital format enhances accessibility, facilitates remote assessment, and streamlines data collection for clinicians, researchers, and individuals alike.

When used thoughtfully and ethically, the CTQ PDF can provide critical insights into past trauma, informing treatment, research, and personal awareness. Its brevity combined with comprehensive coverage makes it an efficient choice without sacrificing depth. However, it should always be integrated within a broader assessment framework, complemented by clinical judgment and cultural sensitivity.

In summary, the CTQ PDF is an invaluable resource that, when employed correctly, can significantly contribute to understanding and healing childhood trauma. As mental health awareness grows and digital tools become more embedded in practice, the CTQ PDF will likely continue to serve as a cornerstone in trauma assessment efforts worldwide.

Disclaimer: The CTQ and its PDF version are copyrighted materials. Always obtain the instrument

through authorized channels and adhere to licensing agreements.

Childhood Trauma Questionnaire Pdf

childhood trauma questionnaire pdf: *Adolescent Screening: The Adolescent Medical History in the Age of Big Data* Vincent Morelli, 2019-05-09 In this comprehensive look at adolescent screening and holistic health in the technology age, Dr. Vincent Morelli reviews the history of the adolescent health screen, what is being used now, and what needs to be considered in the future. An ideal resource for primary care physicians, pediatricians, and others in health care who work with adolescents, it consolidates today's available information on this timely topic into a single convenient resource. - Covers the history of the adolescent medical history and the need for an update of the biopsychosocial model, which has not significantly changed since 1977. - Discusses nutrition screening, sleep screening, exercise screening, adverse childhood experiences (ACEs) screening, educational screening, behavioral and emotional screening, and more. - Presents the knowledge and experience of leading experts who have assembled the most up-to-date recommendations for adolescent health screening. - Explores today's knowledge of health screening and discusses future directions to ensure healthy habits in adolescents, including education and self-efficacy.

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childhood trauma questionnaire pdf: *Complex Disorders in Pediatric Psychiatry* David I Driver, Shari Thomas, 2018-03-27 Get a quick, expert overview of complex childhood psychiatric disorders from Drs. David I. Driver and Shari Thomas of Healthy Foundations Group. This practical resource presents a summary of today's current knowledge and best approaches to topics from gender dysphoria to childhood onset schizophrenia and other complex psychiatric disorders. - Comprehensive guide for any professional working with children. - Consolidates today's evidence-based information on complex childhood psychiatric disorders into one convenient resource. - Provides must-know information on evaluation and management. - Covers a range of

psychiatric disorders of children including drug-induced mania and psychosis, concussions, ADHD, technology addiction, sleep disorders, and eating disorders.

childhood trauma questionnaire pdf: Assessing Trauma in Forensic Contexts Rafael Art. Javier, Elizabeth A. Owen, Jemour A. Maddux, 2020-02-29 This book examines the different ways that trauma is involved in the lives of those who interact with the justice system, and how trauma can be exacerbated in legal settings. It includes both victims and perpetrators in providing a perspective on trauma in general, and a framework that will guide those who evaluate and treat individuals in forensic settings. Comprehensive in scope, it covers key areas such as developmental issues, emotions, linguistic and communication difficulties, and special populations such as veterans, immigrants, abused women, incarcerated individuals, and children. The main objective of this book is to bring trauma to the fore in conducting forensic evaluations in order to understand these cases in greater depth and to provide appropriate interventions for a range of problems. "This masterful book, edited by Rafael Art. Javier, Elizabeth Owen and Jemour A. Maddux, is a refreshing, original, and thoughtful response to these needs, demonstrating - beyond any doubt - why lawyers and forensic mental health professionals must be trauma-informed in all of their relevant work."
-Michael L. Perlin, Esq., New York Law School

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screening, thinking about ACEs from a public health and global perspective, strategies for preventing ACEs, understanding ACEs and trauma-informed care and resilience, and the importance of safe stable and nurturing environments for children are discussed. Adverse Childhood Experiences is a useful evidence-based resource for professionals working with children and families, including physicians, nurses, social workers, psychologists, lawyers, judges, as well as public health leaders, policy makers, and government delegates. - Reviews the past 20 years of ACEs research - Examines ACEs and mental and physical health - Discusses the neurodevelopment mechanisms of ACEs and psychopathology - Examines ACEs and violence across the lifespan - Reconsiders the definition and assessment of ACEs - Examines the issue of routine ACEs screening - Discusses ACEs from a public health and global perspective - Summarizes effective ACEs prevention, trauma-informed care, and resilience - Provides recommendations for the future directions of the ACEs field

childhood trauma questionnaire pdf: *Childhood Traumatic Experiences: New Clinical Perspectives and Interventions* Valeria Verrastro, Stefano Eleuteri , Goran Arbanas, Valeria Saladino, Vincenzo Auriemma, 2025-08-13 Trauma and abuses experienced in childhood, such as bereavement, divorce, imprisonment of a family member, and physical, sexual, and psychological abuse, constitute elements of risk for development. Trauma might affect the psychophysical well-being of the future adult in social, familial, and affective domains. A traumatic event can be considered as a condition that is perpetuated over time within the family or social context, such as intra-family sexual abuse, or the loss or arrest of a parent who is missing. Trauma exposure and negligent caregiving can lead to psychological and behavioral problems, such as mood and eating disorders, PTSD and C-PTSD, traumatic grief symptoms, self-harm, aggressive and offending behaviors. New perspectives in research and clinical interventions are sought.

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Höltge, 2023-01-05

childhood trauma questionnaire pdf: Polyvictimization Julian D. Ford, Brianna C. Delker, 2020-05-21 This book provides an overview of the core research and theory on polyvictimization – exposure to multiple types of victimization that may have negative and potentially lifelong biopsychosocial impacts. The contributors to the volume address such topics as measurement issues in how polyvictimization should be assessed and measured; developmental risks of early childhood polyvictimization for maltreated children in foster care; gender differences in polyvictimization and its consequences among juvenile justice-involved youth; the importance of trauma-focused treatment for polyvictimized youth in the juvenile justice system; and the nature of polyvictimization in the internet era. Suited to readers who are new to the topic including graduate and undergraduate students, as well as researchers and clinicians who want a concise update on the latest empirical research from the frontiers of this field, this book provides findings and methodological innovations of interest to researchers and human service professionals. This book was originally published as a special issue of the Journal of Trauma & Dissociation.

childhood trauma questionnaire pdf: The Handbook of Complex Trauma and Dissociation in Children Ana M. Gómez, Jillian Hosey, 2025-03-31 The Handbook of Complex Trauma and Dissociation in Children: Theory, Research, and Clinical Applications is a comprehensive and truly vital text for both experienced professionals and novice clinicians alike. In these pages, dozens of experts and pioneers thoroughly cover the complex nuances of theory, assessment, research, and clinical practice. Specific sections cover etiology, neurobiology, and various theoretical and conceptual models for working with the complexities of cumulative and chronic traumatization in childhood. Additional sections cover standardized and non-standardized assessment and diagnostic tools, as well as the formulation and organization of the clinical interview with children and caregivers. Other chapters provide systematic and comprehensive reviews of current treatment modalities and effective approaches for treating children with complex trauma and dissociation across different stages of early development. The book's co-editors bookend the volume with thorough explorations of the nuanced and multifaceted issues impacting children with complex trauma and dissociative symptoms and features.

childhood trauma questionnaire pdf: Professional's Guide to Trauma-informed Decision Making Cortny Stark, Jose Luis Tapia Jr, Kylie Rogalla, Kate Bunch, 2024-05-08 Professional's Guide to Trauma-informed Ethical Decision Making offers helping professionals a framework comprising the 10 Principles of Trauma-informed Ethical Practice (Stark, Tapia-Fuselier, & Bunch, 2022) enhanced with prominent ethical decision making models. These principles build upon the SAMHSA (2014) conceptualization of trauma-informed care, address key concepts such as Adverse Childhood Experiences (ACEs) and their long-term impact, marginalization stress, the influence of military and law enforcement experience, and others. Despite distinctions between the diversity of helping professions (in credentials, scope of practice, and theoretical approach), the same decision making models for trauma-informed care is a requirement for best practice. Thus, this volume is designed to address the needs of professionals serving diverse clientele, particularly those who've experienced trauma and adversity. Practitioners may utilize this text to as a guide to assist with ethical decision making when working with client survivors of trauma, and educators may select this text as required reading to support the development of trauma-informed clinicians-in-training.

childhood trauma questionnaire pdf: The Trinity of Trauma: Ignorance, Fragility, and Control Ellert Nijenhuis, 2015-04-22 The Trinity of Trauma: Ignorance, Fragility, and Control is structured as a trilogy. This book includes the first two parts: Volume I, The Evolving Concept of Trauma, and Volume II, The Concept and Facts of Dissociation in Trauma, which are predominantly conceptual, theoretical, and empirical in nature. Volume I aims to overcome conceptual flaws that have plagued the trauma field to date. It proposes new definitions of trauma and derivative concepts as well as a dimension of trauma-related disorders. It suggests that individuals and their environment constitute, depend on, and are relative to each other. Volume I unites two groups of trauma-related disorders that were previously contrasted in psychiatric history under various names

such as melancholia versus hysteria, traumatic neurosis versus traumatic hysteria, and posttraumatic stress disorder versus dissociative disorders. It also mends the dissociation of dissociative and conversion disorders. Volume II analyzes and defines the concepts of personality, self, dissociation in trauma, and dissociative parts. It explores and documents the biopsychosocial features of different prototypical dissociative parts in traumatized individuals. Important features of these parts also characterize other players in traumatization, stretching from perpetrators to society at large.

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childhood trauma questionnaire pdf: Violence and Trauma in the Lives of Children Joy D. Osofsky, Betsy McAlister Groves, 2018-08-09 Explains the neurological, emotional, and behavioral impacts of violence and trauma experienced by newborns, infants, children, and teenagers. Traumatic events known as adverse childhood experiences (ACEs) can affect children physically, mentally, and emotionally, sometimes with long-term health and behavioral effects. Abuse, neglect, exposure to community and domestic violence, and household dysfunction all have the potential to alter brain development and behavior, but few people are able to recognize or respond to trauma in children. Given the prevalence of childhood exposure to violence—with one in four children ages 5 to 15 living in households with only moderate levels of safety and nurturance and infants and children ages 0 to 3 comprising the highest percentage of those maltreated—it is imperative that students and professionals alike be able to identify types and consequences of violence and trauma. This book provides readers with the information they need in order to know how to detect and prevent ACEs and to help children who have lived through them.

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therapy. The text is fully aligned with the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE). It covers foundational and advanced topics of critical importance to student counselors and therapists seeking to work in family settings, including sexuality, trauma, divorce, domestic violence, addictions, filial play therapy, and the positioning of culture and context in family therapy. The new edition includes updated content in each chapter and entirely new chapters on assessments and helping families mitigate, adapt, and transition during crisis. This important book: Covers the basic knowledge and skills essential to students and practitioners of couples and family therapy Details the history, concepts, and techniques associated with crucial theories, and includes a new chapter on the most up to date assessment strategies Tackles contemporary issues and interventions in trauma, divorce, domestic violence, sexuality, and more At once comprehensive and concise, the Second Edition of Foundations of Couples, Marriage, and Family Counseling offers readers a guide to the complex and interconnected concepts required to support a full understanding of couples and family therapy.

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