

dissociative experience scale pdf

dissociative experience scale pdf is a widely utilized tool in psychological assessment that allows clinicians and researchers to measure the severity and frequency of dissociative symptoms in individuals. Dissociation refers to a disconnection or detachment from aspects of consciousness, identity, memory, or perception, often occurring as a response to trauma or stress. The Dissociative Experience Scale (DES) provides a standardized method to quantify these experiences, making it an invaluable resource in clinical diagnosis, research, and treatment planning.

In this article, we will explore the details of the Dissociative Experience Scale PDF, including its purpose, structure, applications, and how to access and interpret the scale effectively. Whether you're a mental health professional, researcher, or someone interested in understanding dissociative phenomena, this comprehensive guide aims to offer in-depth insights into the DES PDF.

What is the Dissociative Experience Scale (DES)?

The Dissociative Experience Scale (DES) is a self-report questionnaire designed to measure dissociative symptoms across various populations. Developed by Dr. Colin A. Ross and colleagues in the late 20th century, the DES has become one of the most extensively used tools in dissociation research.

Purpose of the DES

The primary goal of the DES is to:

- Quantify dissociative experiences in individuals
- Identify the severity of dissociation
- Differentiate between normal and pathological dissociation
- Assist in diagnosing dissociative disorders, such as Dissociative Identity Disorder (DID), depersonalization disorder, and dissociative amnesia
- Facilitate research into dissociative phenomena

Key Features of the DES

- Self-administered questionnaire
- Comprises 28 items
- Uses a Likert scale for responses
- Produces a total score indicating the level of dissociation
- Available as a PDF document for easy distribution and use

Understanding the Dissociative Experience Scale PDF

The Dissociative Experience Scale PDF serves as a digital or printable version of the standard DES questionnaire. It provides clinicians and researchers with a convenient format to administer, score, and interpret dissociative symptoms.

Components of the DES PDF

A typical DES PDF includes:

- An introductory section explaining the purpose of the scale
- Clear instructions for respondents
- The 28 dissociative experience items
- An answer sheet or response options
- Scoring guidelines and interpretation notes

Advantages of Using the DES PDF

- Accessibility: Easily downloadable and printable
- Standardization: Ensures consistent administration
- Cost-effective: No need for proprietary software
- Flexibility: Suitable for various settings, including clinics, research studies, and educational environments
- Confidentiality: Self-report allows for private completion

Structure and Content of the Dissociative Experience Scale PDF

The DES PDF is structured to facilitate straightforward administration and scoring. Below are the key elements:

Introduction and Instructions

Provides guidance on how respondents should approach the scale, emphasizing honesty and the importance of answering based on their typical experiences.

Items on the Scale

The 28 items cover various dissociative phenomena, including:

- Amnesia or memory lapses
- Depersonalization or derealization
- Absorption in activities or fantasies

- Out-of-body experiences
- Feeling detached from oneself or reality

Each item describes a specific dissociative experience, with response options indicating how often the individual experiences it.

Response Format

Typically, the scale uses a Likert-type response system, such as:

- 0% (Never)
- 10% (Rarely)
- 20% (Sometimes)
- 30% (Often)
- 40% (Very often)

Respondents mark the percentage that best reflects their experience over a specified period.

Scoring Guidelines

- The total score is calculated by averaging responses across all items.
- Higher scores indicate more frequent or severe dissociative experiences.
- Specific cutoff scores can suggest the presence of dissociative pathology.

How to Access the Dissociative Experience Scale PDF

Accessing a reliable and validated version of the DES PDF is crucial for accurate assessment. Here are common ways to obtain it:

Official Sources

- Academic institutions or licensed mental health organizations
- Published books on dissociation and psychological assessment
- Authorized websites associated with the scale's developers

Online Download Platforms

- Reputable psychological assessment websites often provide downloadable PDFs
- Ensure the source is credible to avoid outdated or inaccurate versions

Creating Your Own Version

- Based on the published scale, clinicians can create their own PDF forms
- However, professional validation and scoring are recommended for clinical use

Interpreting the Dissociative Experience Scale PDF Results

Interpreting the results from the DES PDF involves understanding the scores and their implications.

Score Ranges and Their Significance

- Normal Dissociation: Scores below 20 typically indicate minimal dissociative symptoms
- Moderate Dissociation: Scores between 20 and 30 suggest moderate dissociation, possibly requiring further assessment
- High Dissociation: Scores above 30 may indicate significant dissociative pathology, warranting comprehensive evaluation

Clinical Implications

- Scores should be considered alongside clinical interviews and other diagnostic tools
- High scores may suggest the need for trauma-informed therapy
- The scale can help monitor changes over time or in response to treatment

Limitations of the DES PDF

- Self-report bias
- Cultural differences affecting responses
- Not a standalone diagnostic tool
- Should be used in conjunction with clinical judgment

Best Practices for Using the Dissociative Experience Scale PDF

To maximize the effectiveness of the DES PDF, consider the following best practices:

- Ensure clear instructions are provided to respondents to promote honest

and accurate answers.

- Maintain confidentiality to encourage openness.
- Use the scale as part of a comprehensive assessment process.
- Train clinicians and researchers in proper scoring and interpretation.
- Regularly update and validate the assessment tools to reflect current research standards.

Research and Clinical Applications of the DES PDF

The Dissociative Experience Scale PDF finds extensive application across various domains:

Clinical Settings

- Screening for dissociative disorders
- Monitoring symptom severity over treatment courses
- Differentiating dissociation from other psychological conditions

Research Studies

- Investigating prevalence rates of dissociation
- Exploring correlations between dissociation and trauma, PTSD, or other mental health issues
- Evaluating the efficacy of therapeutic interventions

Educational Purposes

- Training mental health students and professionals
- Demonstrating assessment methods

Conclusion

The **dissociative experience scale pdf** is an essential tool for understanding and measuring dissociative symptoms in diverse populations. Its standardized format, ease of access, and clinical relevance make it indispensable for mental health practitioners and researchers alike. Proper administration, scoring, and interpretation of the DES PDF can enhance diagnostic accuracy,

inform treatment strategies, and contribute to the broader understanding of dissociative phenomena.

When utilizing the DES PDF, always ensure that you source it from reputable providers, adhere to ethical guidelines, and interpret results within the context of comprehensive clinical assessments. As research advances, the scale continues to evolve, offering valuable insights into the complex world of dissociation and its impact on mental health.

Note: Always consult with qualified mental health professionals when administering and interpreting the Dissociative Experience Scale PDF, especially for clinical diagnosis or treatment planning.

Frequently Asked Questions

What is the Dissociative Experience Scale (DES) PDF, and how is it used in psychological assessment?

The Dissociative Experience Scale (DES) PDF is a downloadable document that provides the standardized questionnaire used to measure dissociative symptoms in individuals. Clinicians and researchers utilize the PDF to assess the severity and prevalence of dissociative experiences, aiding in diagnosing dissociative disorders and related conditions.

Where can I find a reliable and free PDF version of the Dissociative Experience Scale?

Reliable PDFs of the Dissociative Experience Scale can often be found through academic institutions, psychological research websites, or mental health organizations. It's important to ensure the PDF is from a credible source, such as published research articles or official mental health resources, to guarantee validity.

How do I interpret the scores from the Dissociative Experience Scale PDF?

Scores on the DES PDF typically range from low to high, indicating the severity of dissociative experiences. Higher scores suggest more frequent or intense dissociative symptoms. Interpretation should be done by a qualified mental health professional, considering the overall clinical context.

Can I use the Dissociative Experience Scale PDF for self-assessment?

While the DES PDF can be used for self-assessment, it is primarily a clinical tool. For an accurate diagnosis or understanding of dissociative symptoms, it

is recommended to consult a mental health professional who can interpret the results appropriately.

Are there updated versions of the Dissociative Experience Scale PDF available online?

Yes, newer versions or revised forms of the DES may be available through academic publications or official psychological assessment sources. Always ensure you are using the most current and validated version to obtain accurate results.

Additional Resources

Dissociative Experience Scale PDF: An In-Depth Examination of a Key Tool in Dissociative Disorders Assessment

Dissociative experiences have long fascinated clinicians and researchers alike, representing complex phenomena that can range from mild detachment from immediate surroundings to profound disruptions in identity and consciousness. Central to the assessment of these phenomena is the Dissociative Experience Scale (DES), a widely used self-report instrument designed to quantify dissociative symptoms. In recent years, the availability of the Dissociative Experience Scale PDF has facilitated broader dissemination, evaluation, and utilization of this tool across clinical and research settings. This article aims to provide a comprehensive review of the DES in its PDF format, exploring its development, structure, psychometric properties, applications, limitations, and implications for practice.

Understanding Dissociative Experiences and the Need for a Standardized Measure

Dissociation encompasses a spectrum of phenomena characterized by disruptions in consciousness, memory, identity, perception, and motor control. These experiences can manifest as daydreaming, depersonalization, derealization, amnesia, or more severe dissociative identity disruptions. Given their heterogeneity and clinical significance, accurately assessing dissociation is paramount for diagnosis, treatment planning, and research.

Historically, clinicians relied on subjective impressions and unstructured interviews to gauge dissociative phenomena. While valuable, these approaches lacked standardization and objectivity. The development of standardized self-report measures, such as the Dissociative Experience Scale, marked a significant advancement in quantifying dissociative symptoms systematically.

The Dissociative Experience Scale (DES): Origins and Evolution

Development and Rationale

The DES was introduced by psychologist Dr. Dell in 1988 as a brief, easy-to-administer self-report instrument aimed at capturing the frequency and severity of dissociative experiences in both clinical and non-clinical populations. Its primary goals were to:

- Provide a quantitative measure of dissociation.
- Facilitate large-scale screening.
- Enable comparative research across diverse groups.

The initial version consisted of 28 items, each describing a specific dissociative phenomenon, with respondents indicating the percentage of time they experienced each symptom.

Evolution and Versions

Over time, the DES has undergone refinements, leading to the development of:

- The Dissociative Experiences Scale-II (DES-II), which maintained the core structure but improved clarity.
- The Dissociative Experiences Scale – 2 (DES-2), a shorter, more streamlined version.
- The Dissociative Experiences Scale-Taxon (DES-T), focusing specifically on pathological dissociation.

Despite these variants, the traditional DES remains the most widely used, especially in its PDF format, which allows for easy distribution and completion.

The Dissociative Experience Scale PDF: Structure and Content

Format and Accessibility

The Dissociative Experience Scale PDF typically comes as a downloadable document that can be printed or filled out electronically. Its user-friendly format includes:

- Clear instructions for respondents.
- The list of dissociative items.
- Spaces for responses and scoring.

This format ensures that clinicians and researchers can administer the scale conveniently, whether in paper-based or digital environments.

Content and Items

The DES consists of 28 items that describe various dissociative experiences, such as:

- Feeling as if one is outside one's body.
- Forgetting important personal information.
- Experiencing gaps in memory.
- Feeling detached from reality.
- Hearing voices or seeing things that others do not.

Respondents rate each item based on how frequently they experience the phenomenon, using a percentage scale from 0% (never) to 100% (all the time). The items are designed to capture both common and extreme dissociative phenomena.

Scoring and Interpretation

The total DES score is calculated by averaging the responses across all items, resulting in a score ranging from 0 to 100. Higher scores indicate more frequent dissociative experiences, with certain thresholds suggesting potential pathological dissociation:

- Scores below 20 are generally considered within the normal range.
- Scores between 20 and 30 may indicate mild dissociation.
- Scores above 30 suggest significant dissociative symptoms, warranting further assessment.

Clinicians often interpret the scores in conjunction with clinical interviews and other diagnostic tools.

Psychometric Properties and Validity of the DES PDF

Reliability

The DES has demonstrated high internal consistency, with Cronbach's alpha coefficients typically exceeding 0.85 in various populations. Test-retest reliability studies indicate stability over time, supporting its use as a reliable measure.

Validity

- Construct Validity: The DES correlates strongly with other dissociation measures, such as the Dissociative Disorders Interview Schedule (DDIS).
- Convergent Validity: Significant associations are observed between DES scores and clinical diagnoses of dissociative disorders.
- Discriminant Validity: The scale effectively differentiates between dissociative and non-dissociative populations.

Limitations and Considerations

While the DES is robust, it has certain limitations:

- Self-report bias: Respondents may underreport or overreport symptoms.
- Cultural factors: Items may not translate seamlessly across cultures, affecting validity.
- Non-specificity: High scores indicate dissociation but do not specify underlying pathology.

These limitations highlight the importance of comprehensive assessment beyond the Dissociative Experience Scale PDF.

Applications of the Dissociative Experience Scale PDF in Clinical and Research Settings

Clinical Use

- Screening tool in outpatient and inpatient settings.
- Monitoring treatment progress.
- Differentiating dissociative symptoms from other psychopathologies such as trauma, anxiety, or psychosis.
- Informing diagnostic decisions, particularly when considering dissociative disorders like DID (Dissociative Identity Disorder).

Research Utility

- Quantifying dissociation in epidemiological studies.
- Exploring correlations between dissociation and trauma, PTSD, or other mental health conditions.
- Evaluating the efficacy of therapeutic interventions targeting dissociative symptoms.

Advantages of Using the PDF Format

- Easy to distribute and administer.
- Cost-effective compared to proprietary or proprietary software tools.
- Allows for standardized data collection and analysis.
- Facilitates remote assessment, especially relevant during telehealth expansions.

Limitations and Critical Perspectives

Despite its widespread adoption, the DES and its PDF version are not without criticism:

- Over-reliance on self-report: Potential for inaccuracies due to respondent bias.
- Cultural and linguistic validity: Translations may require validation.
- Lack of diagnostic specificity: High scores suggest dissociation but do not confirm a dissociative disorder diagnosis.
- Potential for over-pathologizing normal experiences: Mild dissociative phenomena are common in the general population.

To address these issues, clinicians should incorporate the DES as part of a comprehensive assessment battery, including clinical interviews and collateral information.

Future Directions and Enhancements

Emerging research aims to enhance the utility of the DES PDF:

- Developing digital versions with adaptive testing capabilities.
- Creating culturally sensitive adaptations.
- Integrating the scale with other assessment tools, such as neuroimaging or physiological measures.
- Validating shortened or modified versions for specific populations.

Furthermore, open access to the PDF format encourages widespread use, fostering research and improving clinical care.

Conclusion: The Significance of the Dissociative Experience Scale PDF

The Dissociative Experience Scale PDF remains a cornerstone instrument in the assessment of dissociative phenomena. Its simplicity, reliability, and validity have made it a preferred tool across diverse settings. While it should not be used in isolation, the DES provides valuable insights into the frequency and severity of dissociative experiences, aiding clinicians and researchers in understanding this complex domain.

As awareness of dissociative disorders grows and digital health initiatives expand, the accessibility and adaptability of the DES PDF will continue to enhance mental health assessment and research efforts. Ensuring proper interpretation, cultural sensitivity, and integration with comprehensive clinical evaluation will maximize its utility and contribute to better outcomes for individuals experiencing dissociative symptoms.

References

(Note: In an actual publication, this section would include scholarly references supporting the content. For brevity, references are omitted here.)

Dissociative Experience Scale Pdf

dissociative experience scale pdf: *Trauma Competency* Linda A. Curran, 2009-12 Unique in its approach, author Linda Curran not only defines and explains the current trauma paradigm-relevant theories and current neuroscience, but step-by-step demonstrates its in-session clinical utility and applicability.

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dissociative experience scale pdf: *Becoming Yourself* Alison Miller, 2018-05-11 In contrast to the author's previous book, *Healing the Unimaginable: Treating Ritual Abuse and Mind Control*, which was for therapists, this book is designed for survivors of these abuses. It takes the survivor systematically through understanding the abuses and how his or her symptoms may be consequences of these abuses, and gives practical advice regarding how a survivor can achieve stability and manage the life issues with which he or she may have difficulty. The book also teaches the survivor how to work with his or her complex personality system and with the traumatic memories, to heal the wounds created by the abuse. A unique feature of this book is that it addresses the reader as if he or she is dissociative, and directs some information and exercises towards the internal leaders of the personality system, teaching them how to build a cooperative and healing inner community within which information is shared, each part's needs are met, and traumatic memories can be worked through successfully.

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dissociative experience scale pdf: Tasman's Psychiatry Allan Tasman, Michelle B. Riba, Renato D. Alarcón, César A. Alfonso, Shigenobu Kanba, Dusica Lecic-Tosevski, David M. Ndeti, Chee H. Ng, Thomas G. Schulze, 2024-09-04 Authored by over 500 internationally acclaimed expert editors and chapter authors from around the world. Completely updated and expanded with almost 40 new chapters. Significantly increased attention to the role of culture in all aspects of evaluation and care. New sections on Digital Mental Health Services and Technologies, Treatment Issues in Specific Populations and Settings, and on Prevention, Systems of Care, and Psychosocial Aspects of Treatment address key advances. This edition is the first comprehensive reference work to cover the entire field of psychiatry in an updateable format, ensuring access to state of the art information. Earlier editions were called "the best current textbook of psychiatry" by the New England Journal of Medicine, and "the gold standard" by the American Journal of Psychiatry. Tasman's Psychiatry, 5th Edition, builds on the initial vision in prior editions of approaching psychiatric evaluation and care from an integrative bio-psycho-social-cultural perspective. It is designed to be an essential and accessible reference for readers at any level of experience. This editorial approach encompasses the importance of the first encounter between patient and clinician, followed by the complex task of beginning to develop a therapeutic relationship and to develop and implement a treatment plan in collaboration with the patient. The importance of increasing attention to the role of culture and social determinants of mental health is reflected both in specific chapters and in components of many chapters throughout the book, especially in those pertaining to clinical evaluation, the therapeutic alliance, and treatment. The global scope of this edition is reflected throughout the book, including the section on psychiatric disorders where evaluation using both ICD 11 and DSM 5-TR is discussed. Most chapters are authored by experts from at least two different countries or continents, adding a critically important dimension which often is missing in major psychiatric textbooks. Tasman's Psychiatry, 5th Edition, is an essential reference for all medical professionals and students who need a trusted reference or learning tool for psychiatry, psychology, clinical research, social work, counseling, therapy, and all others.

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psychotherapist, Irene Siegel discusses the evolving role of the therapist as both therapist and healer. Shamans are ancestral teachers, guides to nonordinary realms of consciousness and a divine cosmic whole within silent sacred spaces. Using lessons from native shamanic tradition and the evolving field of transpersonal psychology, both healer and client will learn to access the innate inner wisdom and healing potential within themselves through guided meditation exercises within moment-by-moment sacred space. The expanding content and context of therapy blends the two worlds: the clinical world and the world of the shaman.

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dissociative experience scale pdf: Diagnosing the Psychological Consequences of Trauma Jan Gysi, 2025-09-22 Tremendous progress has been made in the diagnosis and treatment of the consequences of trauma over the past two decades, which have led to significant changes being introduced in the ICD-11 and the DSM-5. Navigating this wealth of new knowledge in psychotraumatology, as well as keeping track of the various posttraumatic symptoms and disorders that can present in clients, can be challenging. The brilliantly structured, full-color navigation charts in this volume help both early career and experienced professionals to keep track of the variety of diagnostic options to be considered or excluded while not overlooking anything. After an introduction to the trauma-dissociation axis model, the five axes are then presented in detail, including case examples, differential diagnoses, recommendations, decision paths, and questionnaires: - Axis I: Personality disorders (including, borderline) - Axis II: Disorders specifically associated with stress (including, PTSD, CPTSD, and prolonged grief disorder) - Axis III: Structural dissociation of the personality (dissociative and partial dissociative identity disorder) - Axis IV: Other dissociative disorders (dissociative neurological symptom disorder, depersonalization-derealization disorder, dissociative amnesia) - Axis V: Comorbid disorders The last two chapters provide an overview of the special diagnostic aspects of reporting to law enforcement agencies and a catalog of questions collated by the author to help guide diagnosis and inform treatment. This volume is an exceptional resource for psychiatrists, clinical psychologists, psychotherapists, and other mental health professionals who work with traumatized individuals.

dissociative experience scale pdf: EMDR Therapy and Adjunct Approaches with Children Ana Gomez, 2012-07-27 This volume is a welcome and excellent resource for all clinicians working with severely traumatized children. Francine Shapiro, PhD Founder, EMDR Humanitarian Assistance Programs Over the past 15 years, Ms. Gomez has developed highly original and brilliant interventions for working with these very difficult to treat children. This book will be an enormous great gift to our field. Dr. Susan Coates Clinical Professor of Psychology in Psychiatry College of Physicians and Surgeons Columbia University This is the first book to provide a wide range of leading-edge, step-by-step strategies for clinicians using EMDR therapy and adjunct approaches with children with severe dysregulation of the affective system. Written by an author internationally known for her innovative work with children, the book offers developmentally appropriate and advanced tools for using EMDR therapy in treating children with complex trauma, attachment wounds, dissociative tendencies, and compromised social engagement. The book also presents the theoretical framework for case conceptualization in EMDR therapy and in the use of the Adaptive Information Processing model with children. Principles and concepts derived from the Polyvagal Theory, affective neuroscience, attachment theory, interpersonal neurobiology, developmental neuroscience and the neurosequential model of therapeutics, which can greatly support and expand our understanding of the AIP model and complex trauma, are presented. The text also offers an original and pioneering EMDR therapy-based model to working with parents with abdicated caregiving systems. The model is directed at assisting parents in developing the ability for mentalization, insightfulness, and reflective capacities linked to infant's development of attachment security. A unique and innovative feature of this book is the masterful integration of strategies from other therapeutic approaches, such as Play therapy, Sandtray therapy, Sensorimotor psychotherapy, Theraplay and Internal Family Systems (IFS), into a comprehensive EMDR treatment maintaining appropriate adherence to the AIP model and EMDR therapy methodology. Key Features: Provides creative, step-by-step, how-to information about the use of EMDR therapy with children with complex trauma from an internationally known and innovative leader in the field Explores thoroughly the eight phases of EMDR therapy in helping children with attachment wounds, dissociative tendencies and high dysregulation Incorporates adjunct approaches into a comprehensive EMDR therapy while maintaining fidelity to the AIP model and EMDR therapy methodology Contains an original EMDR therapy-based model for helping parents with abdicated caregiving systems to develop mentalizing and reflective capacities

dissociative experience scale pdf: *Fragmentation in Sleep and Mind: Linking Dissociative Symptoms, Sleep, and Memory* Sue Llewellyn, Dalena van Heugten - van der Kloet, 2018-03-27 Fragmented, dissociated consciousness can characterize the mind in both wake and sleep states. Dissociative symptoms, during sleep, include vivid dreaming, nightmares, and alterations in objective sleep parameters (e.g., lengthening of REM sleep). During waking hours, dissociative symptoms exhibit disparate characteristics encompassing memory problems, excessive daydreaming, absentmindedness, and impairments and discontinuities in perceptions of the self, identity, and the environment. Llewellyn has theorized that a progressive and enduring de-differentiation of wake and dream states of consciousness eventually results in schizophrenia; a lesser degree of de-differentiation may have implications for dissociative symptoms. Against a background of de-differentiation between the dream and wake states, the papers in this volume link consciousness, memory, and mental illness with a special interest for dissociative symptoms.

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practitioners, this book opens a conversation about the benefits, challenges and best practice for delivering mental health therapies using digital platforms.

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Psychotherapie, die mit ihren Anwendungsformen der Analytischen und Tiefenpsychologisch fundierten Psychotherapie zwei wesentliche Säulen der psychotherapeutischen Versorgung begründet, integriert eine psychoanalytisch orientierte Traumatherapie das gesamte Spektrum von Konflikt-, Ich- und Selbst-Psychologie, Objektbeziehungstheorie sowie Intersubjektivität. Die Behandlung von Traumafolgestörungen wird für beide Anwendungsformen eigenständig dargestellt, hinzu kommt der Einbezug störungsspezifischer Methoden wie Stabilisierungstechniken und Konfrontationsverfahren. Über den Autor: Dr. med. Christian Dürich, Facharzt für Psychosomatische Medizin und Psychotherapie und Psychoanalytiker/Gruppenanalytiker, ist Chefarzt der Psychosomatik am Katholischen Krankenhaus Hagen. Er ist weiterbildungsermächtigter Arzt der Ärztekammer Westfalen-Lippe und Vorsitzender der Westfälischen Arbeitsgemeinschaft für Psychosomatik, Psychotherapie und Psychoanalyse.

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