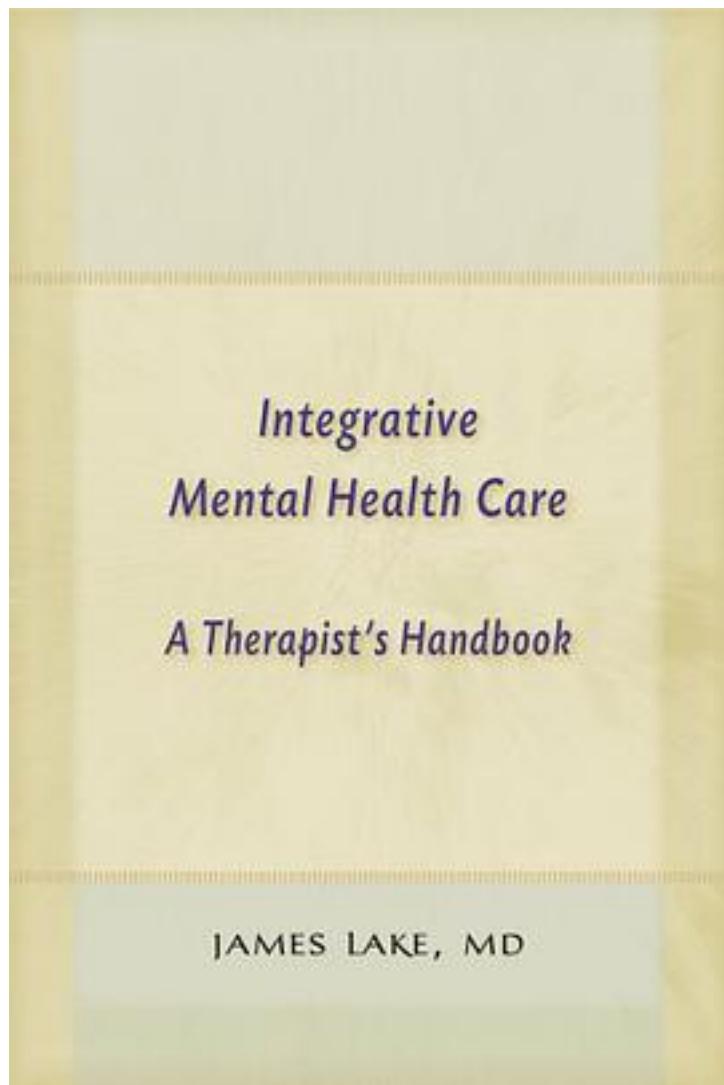


Integrative Mental Health Care



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出版者:

出版时间:2009-6

装帧:

isbn:9780393705362

More and more mental health professionals are turning to unconventional therapeutic approaches to help their patients. This practical guide, geared to the non-medically trained, explains how to integrate traditional modes of therapy with an array of alternative approaches - from vitamin and mineral supplements to mindfulness training, light therapy and acupuncture.

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