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### the effectiveness of schema therapy (ST) and intensive short-term dynamic psychotherapy (ISTDP) for improving emotion regulation in Complex PTSD (CPTSD)

3, Abdol Aziz Aflakseir<sup>2</sup>, Habib Hadianfard<sup>2\*</sup>, Nurallah Mohammadi<sup>1</sup>, Hanieh Hatami

1. Ph.D. Student of Clinical Psychology, Department of Clinical Psychology, Faculty of Education and Psychology, University of Shiraz, Shiraz, Iran.

2. Professor, Department of Clinical Psychology, Faculty of Education and Psychology, University of Shiraz, Shiraz, Iran.

[nmohamadi@shirazu.ac.ir](mailto:nmohamadi@shirazu.ac.ir)

3. Associate Professor, Department of Clinical Psychology, Faculty of Education and Psychology, University of Shiraz, Shiraz, Iran

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#### Abstract

The study population included all individuals aged 18 to 40 in Tehran who, in 2023, had emotion regulation in Complex PTSD. Using a single-case study method. The Therefore, this study examined the effectiveness of these two treatments on dysfunctional patterns and regulation of emotions in traumatized individuals. Therapy and intensive short-term dynamic psychotherapy help change the other hand, "corrective emotional experiences" in the approaches of schema These patterns are maladaptive strategies that disrupt emotional regulation. On cognitive and behavioral patterns that serve as styles for thinking and acting. Past traumatic experiences with primary caregivers lead to the formation of Volunteered to participate in the research following the project announcement. (3 times), and follow-up (1 time) stages. The experimental groups underwent were administered to each individual at the baseline (2 to 4 times), intervention Subsequently, the cognitive and behavioral emotion regulation questionnaires Finally, six individuals with were selected through purposive sampling. emotion regulation, and it appears that the techniques and tools in this therapy are more effective than intensive short-term dynamic psychotherapy in improving cognitive and behavioral emotion regulation. However, schema therapy was absolute level changes, indicating the effectiveness of both treatments on size, non-overlapping and overlapping data, changes in median and mean, and between the intervention and baseline conditions, including Cohen's d effect term dynamic psychotherapy. The results of visual and statistical analysis 16 sessions of 50-minute interventions of schema therapy and intensive short - are more effective in addressing the underlying pathologies in CPTSD.

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Regulation

Azarbakhshi Tarhwara Darmani ((ISTDP) and Rawandarmani Poishi Fashardeh and Kotahmedt (ST)

How to regulate irritation during estrus imbalance if possible

Hanieh Hatami<sup>1</sup>, Nouraleh Mohammadi<sup>2\*</sup>, Habib Hadian Fard<sup>2</sup>, Abdulaziz Aflak Sir<sup>3</sup>

1. Danishjoy Doctor of Rawanshanasi Balini, Groh Rawanshanasi Balini, Daneshgah Educational Sciences and Rawanshanasi, Danishgah Shiraz, Shiraz, Iran.

2. (Responsible Novisandeh) Professor, Groh Rawanshanasi Balini, Danishdeh Educational Sciences and Rawanshanasi, Danishgah Shiraz, Shiraz, Iran.

*nmohamadi@shirazu.ac.ir*

3. Danishyar, Groh Rawanshanasi Balini, Danishdeh, Educational Sciences and Rawanshanasi, Danishgah Shiraz, Shiraz, Iran.

<p><b>Receive date</b></p> <p>1403/5/22</p> <p><b>The date of this date is final</b></p> <p>1403/7/26</p> <p><b>Keywords</b></p> <p>Imbalance of the sterols in the right place,</p> <p>My proposal,</p> <p>When it comes to your home, it is worth it</p> <p>And Kotahamdat, Tanzim</p> <p>Raftari Hajan, organization</p> <p>My excitement</p>	<p><b>Question</b></p> <p>The experiences of Asibzay amaze him with preliminary observations that lead to the form of the language and the language that is not intended for this type of speech in order to think and act on this basis. This is the reason behind the organization of unorganized agitations. Because of the "experiments of corrective agitation" in the country, it is necessary to change the nature of the behavior and regulate the agitation as a whole. It is necessary to control the irritability and irritation of the estrus imbalance, so it is possible to use it by checking how cold it is. Amari University, comprehensive college of 18 students, 40 students, in the month of Tehran, in the month of Tehran, in the year 1402. He turned his back on someone else's head, and then he decided to vote. In order to continue the process of regulating the chanting and chanting of the hymn for a single person during the stage of speech (2 to 4 bars), interjection (3 bars) and pamphlet (1 bar), perform an emphasis. It lasted for 16 sessions, 50 minutes long, with the input of Tarwar Hadarmani and Rawdarmani, who made the decision and decided on it. The results of the analysis of Didari and Amari between the positions of his intervention and his speech, including the effect of De Cohen, Dadhahi Nahmposh and Hamposh, changes of meaning and meaning and changes of absolute surface, Bianger Use this tool to regulate your mood and movement. As for the development of the Warhadramani, it was attributed to the Ruwandarmani of Kotahmedt, and it was mentioned in the Behbod of the organization of the effective excitement of the work of response, and in it, the technique and significance of it are considered here for the sake of raising the pressure of the region in the tromai. This is a mother's problem.</p>
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introduction

Experiences in the influence of Zandji, Mandgar, by Rushd Rawani Darand, even the slightest insult to him is sad. Here are some dramatic experiments based on the circumstances of an individual facing a confrontation that often has severe consequences. This type of attack means repeated, long and long periods of time, without causing any damage to the video, but only if there is a chance to use it.<sup>1</sup>Hmrah Ast. And I want to add them to the plate of Bandi between the milli bemariha Sasman Behdasht Jahaniz(ICD-11)

(1) Here is the title of "Irregularity of the cylinders in the right place"<sup>3</sup>(The concept of sad behavior and how to treat it (CPTSD). Does it have a diagnostic device? Possession of "impairment of the steresis if possible" (: (Comprehensive)PTSD1) A painful experience; 2) Being sensitive to the threat of force, and 3) Avoiding any actions that might trigger a painful experience. And his possession of "Imbalances in Khudsazmandi"<sup>4</sup>» (; (Comprehensive)DSO1) An agitated organization; 2) A constant sense of exile from within, and 3) Interpersonal problems. We are confronted with the experiences of Asibza Darkoudki and Nojwani, with the situation of a person who is mentally ill and has an imbalance in regulating his anger (2, 3).

Information about such experiences with a healthy diet when it comes to finding out about its individual influence and the emergence of imbalances in your country, for example; In Turkey and China, its locations and its path are very different from the experience, so as to create an imbalance.This is related to CPTSD The operation and management of the resource has been determined by the decision (2). Here are the factors of the expression: 1) the connection between one person and one another, 3) the connection between one person and one another, 3) one person's relationship with one another.s, 4) Social development factors, and 5) Zaminahsaz system factors. Between these factors, he may have an agitated adulthood with a circumstantial expansion that is linked to an agitated experience; Regulating and quelling commotion, this is a sign

There are people who have experience with the treatment of traditional Chinese oils, which are very difficult for them. We need to know how to choose the correct method to make optional changes in the car based on its condition and susceptibility; Among other things, it is a circumstance to regulate the commotion in an individual's home, in which it is possible to expand and expand it into a limited car, and there is also a signal to pull this limit in a car from the main road. And it led to the creation of Asibhai Sakhtari Zirbnai and Banyadi in Fard Mishud. This is an imbalance in the treatment process. It was started by Judit Herman (4) The treatment plan was mediated by One Dark (5) with the title of a transformational treatment plan.<sup>6</sup>

This concept is limited to one person and one of the most important ones is the reference code. Religion is becoming more and more difficult to realize and move into violent and violent experiences that are extremely dangerous.

Inappropriate relationship with parents, including your family's code, is not suitable for you.<sup>7</sup>Codkan effect

Exile of Megadard (6). Effectively, this is the time when you are sleeping in the next period of time, a state that is at a state where the situational orientation of your mind becomes overwhelming and causes a person to feel the feelings of another person (7). Make sure your agitation becomes clear

This is the reason for this situation of irritation (2). Readings about the shortcomings of people's agitation with a history of Rushdie's tragedies, as a result of which there has been a lot of trouble with agitated people.<sup>8</sup>(When he became aware and guided by Degran's emotional experiences), Badirish Hejani<sup>9</sup>(The possibility of experiencing feelings of exile without the Farkhwani, secondary feelings of exile), transparent transparency.<sup>10</sup>(You will soon realize the experiences of agitation and emotional control (the degree of control of emotional distress) is a strong and stabilizing feeling (6). If you have a code, I will use it as a reason for the attack, so I will wait for the defense with a dirham that is not enough (8), for the sake of survival, take a safe place.

Complex post-traumatic stress disorder 2	
International Classification of Diseases 1	
Complex post-traumatic stress response	3
Disturbances in Self-Organizationi	4
Emotional developmental processes	5
6 Complex developmental trauma	

	Mentalizing capacities	7
	Emotional Clarity	8
	Emotional awareness	9
0	Emotional acceptance	1
1	Emotional transparency	1

Partiality of Roy Mayward. Parting with it individually can cause a rash or irritation, or it may be the case that there is a need for an agitated look in your home. Trauma fragmentation - a biological axis that has a tendency to strain your heart when you go to your entire location without stopping to receive cognitive information. This is what happened to me. In order to avoid such places, avoid such intense sensations. There is no gear left behind and there is an address. There is a conservative place in the country where there are cold feelings that you cannot look at in your room. As a result of an individual shift, with repeated experiments, it will be easier to avoid overheating and create a tight defensive seal that connects the unit to its engine, causing it to break off and cause major imbalances and deficiencies in it. Realize and calm down her agitation completely, this is a ring that has a complete phase in a different shape on a flat layer. (Participated by DSO6, 9).

In the reality of trauma, there is only one thing that is going on in a place that brings about a fundamental change in the body that is not being experienced and the meaning of what is going on in the world. There is a meaning in the process of changing the machine (10). The point of this lesson is that you have experienced new rages that have caused you to avoid any situation, and that there may be any rages on the way to the next place. There is always a period of irritation, so the individual feels that she is no longer alive. There is always a defensive barrier between a person and a commotion. Creating a place and a place to avoid any turbulence is prohibited. If there is any irritation that contains too much information, then it should be stopped or stopped (11). As a result, one always takes a decision in the world and makes an unending decision that leads to a sudden change and leads to the dead end of the path of turmoil. A basic issue here is to try and organize riots in a rich and simple language with a mediator for riots. This is essential for regulating arousal, touch and experience restores arousal and enriches the world through an advanced method. The issue of controlling and regulating the commotion in a car is very important.

In order to ensure that this is a defensive dam, the restoration of Asibhai Sakhtari and thus the need to reach a reasonable conclusion in this situation is limited in terms of regulating agitation and wasteful behavior.<sup>1</sup> And Randermani (ST) یشیوپ Fashradah and Kutahmedt2It's too late (ISTDP) It is limited to one person. It is a collection of experiences with the title "Experiences of Reformation Agitation".<sup>3</sup> You have a close relationship with me References that may be found either in or outside of the country, and in other places, are available in different places. For a reason that is understandable for a special reason, this is the reason for the creation of reformist agitation experiments. This is the decision to raise the rage of the zenith, but this is the process of bringing forth and benefiting from a different world. Mayanand. Since there is a connection between the two important individuals, a bond between them and a relative, it is a central point of dissolution and separation of the asibha in the field of connection, so that there is an important literal link for this purpose. This is a problem with various aspects, such as some important connections, and also here is a special comment for a solution and a chapter on this one. Since this link is finally the source of the decision, we will decide on this issue based on the requirements of this issue, and there will be many problems in this regard. In this case, there is a precise decision-making resource in order to realize the total proportion of the discrepancy in this area.

These problems arise when regulating agitation related to any of the necessary preliminary experiences (such as loss of a secure gearbox, misuse of code, or emotional inattention) that are not met. These are the experiences of an exile that has become very difficult to protect itself from its irritation and to avoid its irritation and to avoid its irritation.<sup>4</sup>

Darbara means that it is extremely agitated. This is the meaning of the most common agitation (with the title, for example, "Agitations of marginalized people, shock, or loss of life") or "Feelings of weakness."ST

Assuming that at such a time, these problems are the main source of decision-making, organizing agitation in Bahbod Mayabd; With Brian, organizing the agitation with a straight phase that directs the decision to make it happen. TurnST Its skill is to organize the commotion in a safe and reliable way to experience its emotions and commotion in a special way, with a special link ("Baz Wal-Dini Haddomarz Dar" and "Royaruyi Hamadlanah") and An experimental technique (for example, the production of Asipza experiments using an imaginary Basnoisian method)<sup>1)</sup> Behbud Mayaband; Use the original plug to use it.ST agitation experience This is the only way to connect a drum and a technique that is difficult to use. In an experiential technique, you can realize, clarify, and change your mentality through a new way of experiencing it, which is the ultimate possibility (12). This is a matter that requires the emotional state of the people, and the mentality of the world, and this is the meaning of the change of nature. This mentality is related to the need for a hysterical organization and the need for a specific regulatory system related to it (13); In order to understand the concepts of the organization of agitation and the mentality of the state of agitation that is extremely violent, remove the mentality and mentality of the agitation that is extremely intense. Take it away

- Reflective or opposite to it and what it means (14). At the same timeHe is in a constant state of emotions and behavior like ISTDP It is possible to turn inside the body to face it with the transition of the experience of being (into the situation and being at home in Darman), centering it. Goal, victory in a defensive position built on a shield<sup>2</sup>A crystallized session is not possible; And in order to maintain a goal, detect and experience a physical conflict, a fundamental conflict is linked to it.<sup>3</sup>I lied to her. This is what happens when you encounter conflicts and irritations that make you feel better and calm down (15). Take the time to analyze what you want to know about your arrogance, so just try it with your own eyes and be aware of it.

You have a shared friend and a friend with a facilitator (16). In the event that the drummer is lost, there is a place where there is a gear and a defense that is closed to it, and as a result of the shock, it enters and becomes a transmission plate.<sup>4</sup>Most of the time, at the beginning of the session, it appears that it is not present. We have a transmission plate and connect it for a moment with a drummer while trying to find out how important it is.

Common signs of a disordersHis mother's dirham is not the same. In other words, Darmanger has its own phase of non-verbal signs when describing a problem. In the beginning, there is an observable turmoil and resistance, without a transitional relationship and agitation that comes from moment to moment, with the intention of increasing its defense and meeting with it.

Leave it and feel it with two buttons to bring it to the end of this matter and leave it behind the cover of a romantic relationship, and moment by moment there is an emotional experience of this space, sensations and This is the reason why we should not stop talking about it; He has a relationship with Darmanger and has a similar experience. There is a type of defensive mechanism in which there is a need to regulate the intensity of agitation that will be based on the threat of these feelings, and there are signs of disturbance in them, as there is no danger that prevents you from experiencing these feelings. TurnIt is necessary to use Ehsaasat and ISTDP Avoid in order to avoid it as a means of defense in the heart of Vermilandi, major imbalances in decision-making and irritable experiences, corrective at the same time, at the opposite point, where there is a gear and a sleeve with which there is a solution, there is a button on it. It has a gear that has a non-straight phase and a mechanism that regulates the agitation of the gearbox.

This is the reason why the decision to make any changes in my choice is very important, finding a different type of content in this area, making a common separation here and there. Understandably, the experiences of reform in Darmanger are different, but their differences are fundamental. Because there is such a situation in the literature, we need to find a different technique that is used in the car with a new style, so it is good.

1 Imagery rescripting  
2 Affect-focused approach  
3 Attachment ruptures

4 Transference scene  
5 signal anxiety

Farid Darman and Athrabakhshi said that the influence of the giants, I always tried to look at the distortion of this question in the literature of the world. I am looking forward to seeing the restoration of my country's furniture, Rushdi Asib Dedeh.

## Rosh

It is not present in any type of way it is removed.<sup>1</sup>

This is the reason why the effect of this variable has changed to a different degree. You can use the program to change the analysis switch next to it. The first two positions in which he presented it with the title of a speech)And (A Website domain with entry address)Shanakhta Michud. بهگ (B After your intervention is in place, there is a period of time if there is a problem.)You can change the switch on the specified resource (C). Readings related to the proposed Azmaishi Technique on the basis of the logic of the existence of a mistake with us. This company has the address of a control unit for making changes to the workload of the machine (17). Please enter your company's account after submitting a statement. You will receive a copy of the data for a detailed analysis. There are different types of astronomical designs (,AB,ABA,ABAB

A change of ownership and a change of ownership) in this case.-He is a woman with a sermon, and he has no choice but to do so ABA But it is necessary (a repeated procedure for arranging the chants and chants of agitation with the form: 2 to 4 par during speeches, during speech sessions, they have an intervention, and they have a voice after completing his intervention) and more. 30 roses benefit from shadd. Introducing a comprehensive speech plan that includes the location of an intervention or a different speech style in a different temporal context.2Ast. In this case, he started talking about the goal (regulating the mood and movement of excitement) from 2 to 4 sessions, and only after the intervention of Darmani's opinions (16 sessions). What time will the next session be?

(Farend Rushd Hijjani) DrEquipped with a CPTSD test This discrepancy cannot be determined.

Completion of Anjam Shadd's interventions. In order to measure the effect of an intervention on regulating agitation, you must first determine the effect of this intervention (an independent variable) on the quality of the agitation (variable and its basis) as a result of the sum. It is characterized by Didari and Amari analysis, which measures the effect of an independent variable. From the perspective of Sanjash, this hypothesis begins with the beginning of the ramifications of the ramifications of the people, so they are scattered and tamed, and the ramifications of the ramifications are based on the regulation of the sound and the rafters of the commotion of the ram, in the form 1 to 4, of the demarcation of the shadhast. Complete analysis of the location between the two locations, such as changes in position, location, changes in relative and absolute surface, and monitoring of the location (changes in position, location, changes in relative and absolute surface)For this purpose (PND, POD Reviewers in tables 3 and 5 of his opinions. Amari University, comprehensive college of 18 students, 40 students, in the month of Tehran, in the month of Tehran, in the year 1402. In the perspective of the election of Namouneh, Farakhwani went to a company that attends consultation centers in areas 1 and 2 of Tehran. Asibhai rotation codeki diagnosisGet information about CPTSD images He swayed and with it I photographed Kamla and asked for the direction of participation with the media of Amadji Kanand. There is a lot of noise in this area, and there is something wrong with it.3Bud. This is how you can select a special company to mediate. But as a census information of individuals at the end of 6 people is elected and in a coincidental form in the end of the round, the number of people in the group is separated, and the number of people is chosen, and the number of people is chosen, the decision is taken. When used, this may not be enough.

1 Single-case experimental design (SCED)  
2 Time-staggered fashion

3 purposeful sampling

I will send you a message

#### A summary of the information between the crowds and its

**surroundings.**1:ITQ A summary of the information between the mills and the heartbeat to diagnose the disorder.ICD-Bermpny 11 CPTSD and PTSD Mebashd. This is a summary of a Likert scale of 5, meaning 0. (Originally) ta 4 (with a siyaar ziyad) and including 22 ghiyah ast kah 6 hijayyah that's what this is.(PTSD2 syringes for this purpose (alpha 0/91) and 16 syringes for this purposeCPTSD will be sent. To diagnose DSO Find out more about the diagnosisNamrat Mawrd Niaz Marbout, PTSD It has a different type of sound (including 16 keys) that you need to use. Yes (18). There are 16 syllables, 9 syllables.( AD5 words Bish Fala Sazi and (AD1-AD5)4 wordsHow much) AD6-AD9 Effectively, this is the source of the decision. 4. It's beautifulNSC And at the end of 3, a good questionWe will join you. Alpha taxes DR Cronbach, according to Hamsani Drone, amounts to something like 0/77, in my opinion, as a scrap of scale, in the amount of 0/67 (19) and 0/93 (6), for the purpose of writing a novel that is almost acceptable, as a scrap of scale.

#### The name of Asibhai is the rotation of the code2

:)CTQ-SF(This is it Measure (20) of Singesh Asibhai Kodaki and Nojwani Tarahi Shadhast. It includes 28 numbers of 5 pieces on a scale of physical abuse, sexual abuse, irritable abuse, physical negligence, and irritable negligence on a 5-point Likert spectrum (1 = stress, 5 = marginalization). Erziyabi decided to make a decision. These numbers are 5 to 25 and 25 to 125. Numbers of numbers for more information on the phone number. This is a joke with a comma of 2, and Cronbach's alpha is 0/79 and 0/94. Code for this scale: physical abuse, irritable abuse, sexual abuse, physical negligence, and irritable negligence in the order of 0/27, 0/32, 0/72, 0/20 and 0/16 with a personal address from a different narration. Gazaresh Shadhast (21). Bye, this is what you need to do

There is a comma on it, and it has a hamsani word, in the order of 0/90 and 0/94, and there is a narration in Hemgary here, with a general safety report.3 See 0/40 Gazaresh Shadhast (22). What is the point of this, Cronbach's alpha 0/84, and with the benefit of factor analysis, the confirmation of the root of the Brazandji language, 2/588, the root of the root of the errors The approximation is 0/078, and the approximation is 0/92. It has a personal address according to the narration of Sazeh Abzar Gazaresh Shadhast (23).

#### Description: How to organize your keyboard4:(BERQ)This is

it Information (24) Here are the 20 most important things to organize and regulate the commotion of people and people in a state where there are incidents of threats to our country and a small group of people. Description of regulating the vibration of the 5-piece frequency scale, the sense dial (1 to 4), the key tone (5 to 8), the active chord (9 to 12) , Justification for social protection (Goyhay 13 to 16) and non-destruction (Goyyhay 17 to 20) formation of Mishud. The number of the numbers in this page is 5. The number is 1 (keystroke) to 5 (hamish). With a 4-meter dial, the number of each meter is a 4-meter dial, and the dial is connected to it between 4 and 20 digits. This is a common noise in a meter, such as the footsteps of haters, effective protection and social security measures of a different size and a metric number in a meter. Depending on the position or view of adjusting the steering wheel at different times; With brain, scrap numbers are measured by a large number of people. Here's a summary of Cronbach's alphabet in Damana 0/89 and 0/93 and in the same way as 0/47 in Damna 0/47 in Damascus and narrations in Damascus tax method. For the purpose of measuring the number of senses, an effective measure and a social security measure, it has the order of 0/53, 0/67 and 0/51.

1 International Trauma Questionnaire  
2 Childhood Trauma Questionnaire

3 General Health Questionnaire  
4 Behavioral emotion regulation questionnaire

**The description of the organization of this style<sup>1</sup>(:CERQ**

This is it Persistence (25), here is the 18th page of a group of people who regulate their irritation in the event of incidents of intimidation and bullying in an unjust way, at a level of 5. Like number 1 (Herges) and number 5 (Hamishah) based on the 9th factor of the text: number 1 and 2, number 5 (number 17 and 18), centered on thought/ Nashkhwargari (Goyhay 5 and 6), Fajahanmai (Goyhay 15 and 16), how many The importance of Shamari (Goyhay 13 and 14), renewed placement (Goyhay 7 and 8), Erzyabi, renewed placement (Goyhay 11 and 12), Badirish (Goyhay 3 and 4), renewed placement on Bernamharizi (Goyhay 9 and 10). The description of the method for regulating the sound of the excitement of using the meter of forming a shadhast: The meter is a non-similar rabardhay meter (Sazsh Nayafatah) that is the same as the one who made a noise and made a fuss about the grammatical meter of a non-satisfying rabardhay meter. (Sazshiyafata) This is the last factor in the formation of Shadhast. Using this method, I use the non-chiral meter to use the diacritical mark and the final digit to be 1 to 5 digits. They are the number of 1 to 5 digits, the sum of the numbers between 10 and 10. In this case, a number of numbers are required to make use of it more than one person, so that it is not necessary to use it (25). Cronbach's letter 87/. Ta 93/. And the narration of Anna Ra Dar Damna 73/. Ta 87/. Gazaresh Shadhast (26).



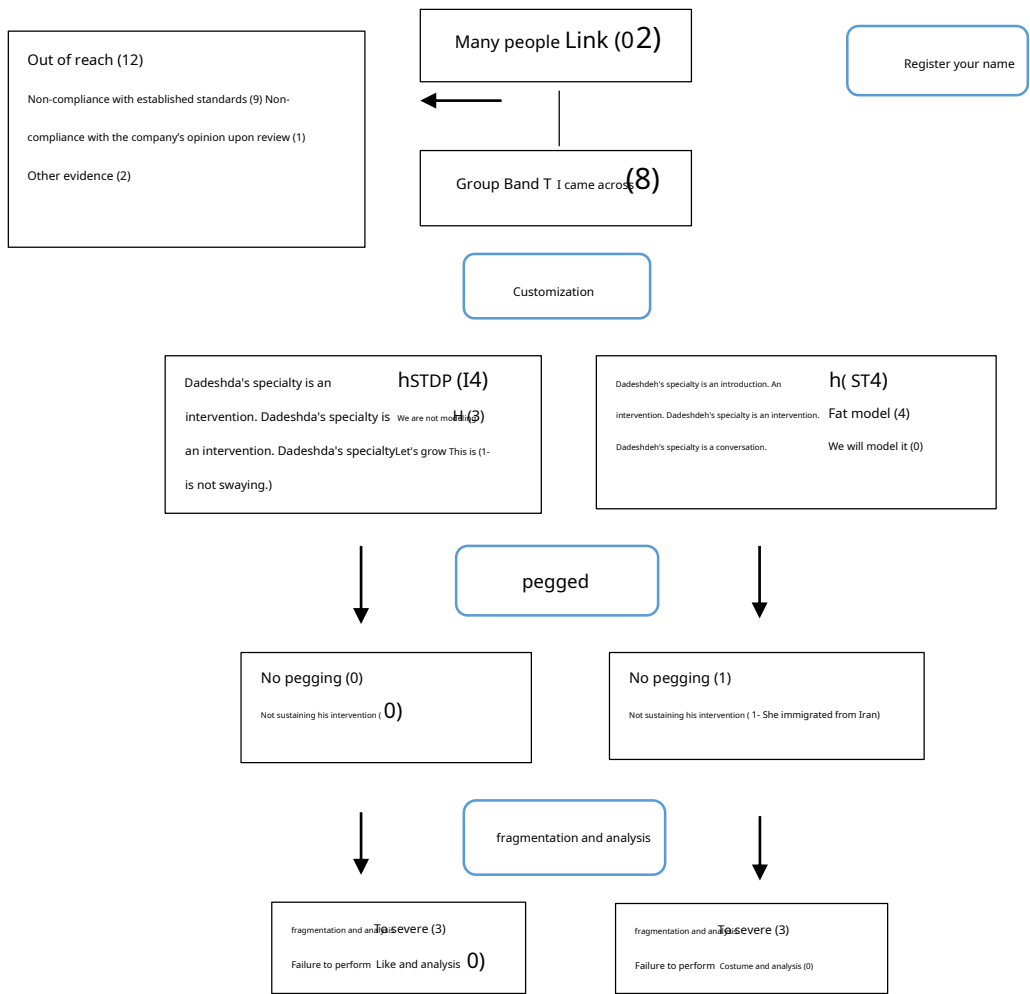
Table 1. The protocol of Rawdermani Poyshi Fashardeh and Kotah Medat (Malan and Delaslaw, 2007/1399)

session	This is it	Session content	KL ēe
First session and Dom: session I am bored	Find a link that Accompanying presence References	A feeling of pain/a problem that arises/a feeling of feeling when you attend a session/drink where you experience this feeling/a disorder that is referred to and diagnoses as a result of the disorder/a feeling of pain/fixing and arbitrating a bench Bimar attributed it to the bench of the place of defense in which he experiences a feeling of conflict/ The connection between Bimar to his parents and religion and his borders in the rotation of the code and in the time of the situation/ Warsi Al-Tanzali (the triangle of a person).	References Shenasayi and Register the mechanisms Pay understand Resources Benefited in the face of My location hny engine ZB Guy
Sum Ta session Yazdham	Format the circumstantial keys and lock them repeatedly.	The procedure for regulating the sound and noise of agitation in a session of sound and sound/cold with a problem with/without protection/without a shudder and with a straight, flat direction in order to withstand alternating disturbance/screaming. The movement of agitation and disturbance associated with it, even though it can be tolerated, has the perspective of regulating the disturbance and heat of the situation, while observing a large/gray group of friends and primary defensive positions, with a rational or sensible tone. Affection  The resistance of the person in front of him is an agitated person in the transition/or the main defense is in him (identify what is the problem, what is his defense in order to avoid feelings of disturbance in the body or not swaying during contact) (Agitation by Dremanger)/ An indication of a feeling attributed to it by Durranger/ A diagnosis of a connection between feelings, a disturbance arising from them and their defense, in order to contrast them with a contradiction/ a diagnosis of a triangle between a person and a conflict.	References for defense  There are connections between individuals and feelings Related to your location Engine and highlighting exercise Anha Bhagai's experience Use of defense
session I told them to Hard	Distyaby to CRT Feelings and ST helpful from them Pay attention to the price And the solution is seen	Examine the status of the patient and the effect of the study sessions before he/she has a problem. References/ Find a place in the meantime close to the emotional environment/ Examine the location of the place where there is an undesired emotional environment. Possibilities A message related to its location/ The defense system is a useful resource in its location (conflict triangle) / the experience of sensitive/ the defense company	Shenasay Its location Circus engine Web feelings And dates N Ibar and Experience the feelings related to My location I am coming AHa
session I will send them and Chanzdham	Conclusion of Darmani sessions	Performing the settings to regulate noise and agitation during the session / Press the default mode when driving / view the basic changes during the session	-

Table 2. Tarhwarah Darmani Protocol (Yang, Glasgow and Wishar, 1389/1999)

session	goal	Session content	Assignment
First session and Always	age and Amozesh: a PD different concept	A comprehensive resource for a comprehensive table of problems, signs, disturbances between individuals and irritations, and information about what has been obtained with references for the opinion of the people of the country, and the people of m talking to you about it the country, first and foremost. Rishahhay, Tahuli, Tarhwarha, in the rotation of Kudki and Nawjawani, Shanakht, Pasakhha, What is the opposite of it? Sangesh, Khalq, and Kho	As what is your mentality? US will make you happy Ha / Forward Form for mental analysis
Sum Ta session Ping star	Stage of change: interventions and techniques	Proceedings of the process of organizing the talk and excitement during the session of speech / speeches of speech: I want to take into account the talk / a new definition based on the evidence of confirmation of the talk / advantages and disadvantages of talk Opposite her	blog and chat Funny cards
Shams session Until I was humiliated	Exchange: interventions and TAK experimental ones	Take advantage of this picture to make the excitement associated with the initial discussion of the situation/sound of the parents. This is the No. has a perspective with a view to excitement and relative satisfaction of the person who wants to make effective/actual rotation of the conversation and mentality in this way. Ha length of the picture, A deep depression with agitations and biographical thoughts/pasnoisy troma/borders that have come to an end in this new language I Your code is supplied to your notebook	Costing procedure Sessions before
Hashtam session To attack	phase Technicians My reef	The procedure for arranging the speech and speech of the commotion during the speech session and transmitting the results of the course to a foreign language. References Scale metric/congruency exercise in photography or inscription	flash drive Card and format The stump is broken
Dahm session Chanzdham	Change: Link InMani and Royaroy they	The procedure for arranging the noise and noise of the commotion in the courtroom/Royarovoy Hamadlanah meeting is intense and the corresponding speech in the Dermanger Association - Reviewer/Bazwaldini Hadith, Dar Marz, and Restorative Workshop.	-

Figure 1. Fludiagram, stages of the procedure



My dear

Hypothesis of the presence of phrases such as: Atherbakhshi, Darmanhay, Rwandarmani, یشیوپ, دیمتشوک, ودرضاک, and ینامهارمأورثاک.

To regulate the mood and irritability of individuals by diagnosing an estrous disorder, there is a varying chance of it being affected.

Table 3. What are the details of the association and tabloid information provided by the first group of reviewers?)ST

Nationality references age			T	a	b	T	Status	TQ-SF C		ITQ			
								Types of trom	A	D1 A	- DA	SCN	DR
							Qualify			5	9		
first	Zen	22	Carnation				merely		Omission / expulsion / misuse	14	8	11	9
My sister													
Always	blitt	82	Doctor				merely		Sexual/Neglected	10	11	9	10
Som													
	Zen	25	Carnation				Qualified		Watch Khoshunt Khangi	14	10	13	9
Guide													
Boden/abuse													
Expulsion/Expulsion													

Table: 4)ISTDP

Age	Count	no	Status	Qualify	FCTQ-S	QTI			
					that	AD1 - 5	AD6-9	NSC	DR
first	Zen	26	Karshnashad	merely	Negligence/misuse Rawanshakhti/Jadaiyai Wal-Din Dar Sun Payne	10	14	11	7
DAnd	Rebellious	19	Karshnas	merely	I am sorry Mr. Rawanshakhti/jabj Engraved/overlooked	12	9	13	10
Som	Zen	27	Guided carnival	Qualified	Omission / expulsion / misuse of avanishnakhti	11	12	14	9

AD 1-5: Affective Dysregulation (hyperactivation)  
AD 6-9: Affective Dysregulation (hypoactivation)  
NSC : Negative Self-Concept  
DR: Disturbances Relationship

Figure 2. Numbers for regulating the excitement in the pages below.On the site of his speech, intervention and speech ST

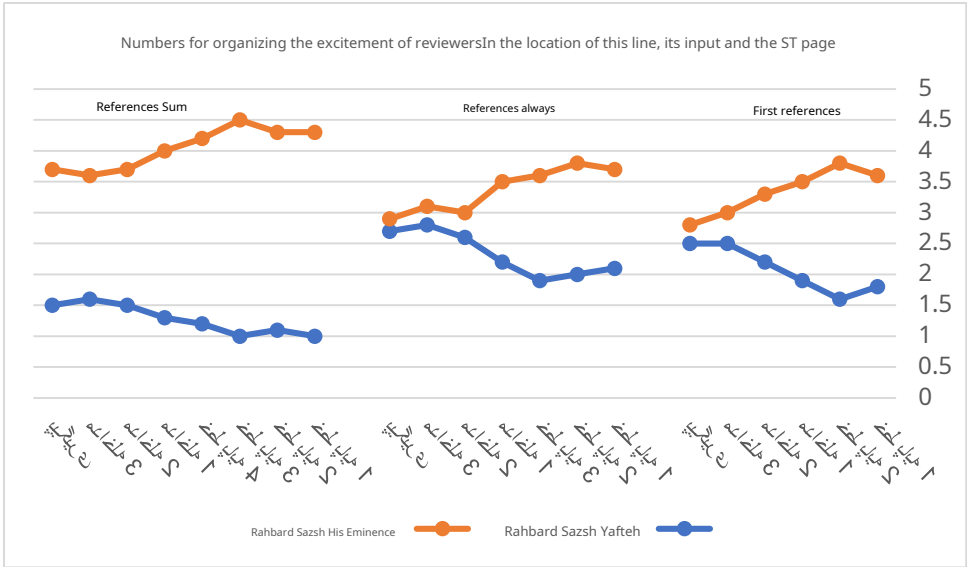


Figure 3. Numbers for regulating the excitement in the pages below.On the site of his speech, intervention and speech ISTDP

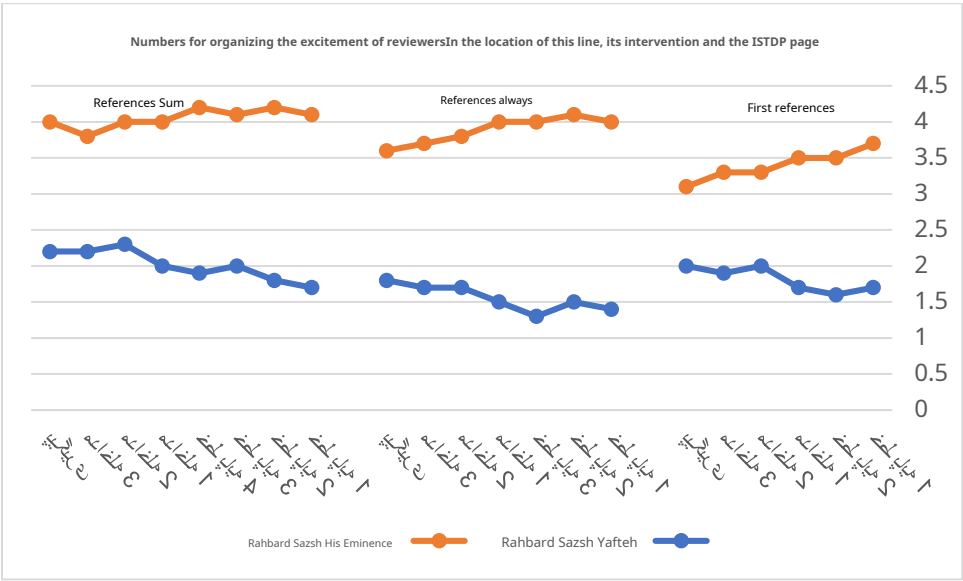


Figure 4. Numbers for regulating the steering wheel, which are displayed below.On the site of his speech, intervention and speech ST

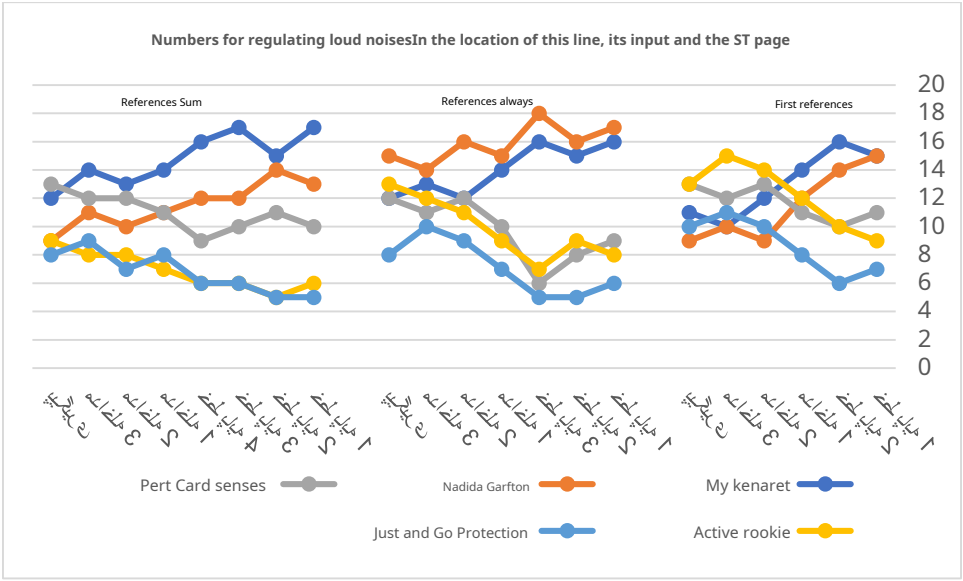


Figure 5. Numbers for regulating the steering wheel, which are displayed below. On the site of his speech, intervention and speech ISTDP

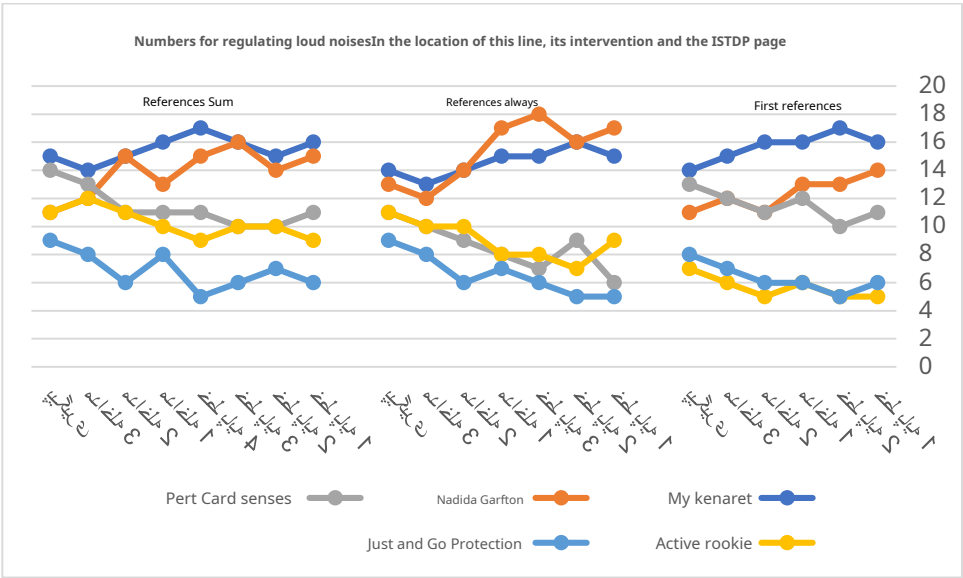


Table 5. Its characteristics and means of analysis of the two sites, the number of regulation of the disturbance of the auditors according to the type of intervention. ISTDP and ST

			Water changes	Mianjin changes	Absolute changes	Dehboudi Monitor	Cohend	PND	POD	MPI	MPR
			B/A	B/A	B/A	B/A	B/A	B/A	B/A	B/A	B/A
ST	Rahbard Sazschiafteh	First references	0/5	0/5	0/3	39	2/71	100	0	100	0
		References DM	0/6	0/5	0/3	33	2/95	100	0	100	0
		References Sum	0/4	0/3	0/1	60	3/74	100	0	100	0
	Rahbard sa Zsh name to you	References otro	0/4	0/5	0/3	16/5	2/72	100	0	100	33/3
		References always	0/6	0/5	0/1	16	3/14	100	0	100	0
		References Samd	0/6	0/6	0/2	16	3/92	100	0	100	0
ISTDP	Rahbard Sazschiafteh	First references	0/3	0/2	0/1	11/7	2/28	66/6	33/3	100	33/3
		References DM	0/3	0/2	0/2	21/5	2/62	66/6	33/3	100	33/3
		References Sum	0/4	0/4	0/1	30	2/63	66/6	33/3	100	33/3
	Rahbard sa Zsh name to you	References otro	0/3	0/3	0	10/8	2/47	66/6	33/3	100	33/3
		References always	0/2	0/2	0	7/5	2/1	66/6	33/3	100	33/3
		References Samd	0/1	0/1	0/2	7/5	2/9	100	0	100	33/3
Myangin	ST	Rahbard Sazschiafteh	0/5	0/43	0/23	44	3/13	100	0	100	0
		Rahbard Sazschen Yet	0/53	0/53	0/2	16/1	3/26	100	0	100	11/1
	ISTDP	Rahbard Sazsh Yafteh	0/33	0/26	0/13	21	2/51	66/6	33/3	100	33/3
		Rahbard Sazschen Yet	0/2	0/2	0/06	8/6	2/49	77/7	2/22	100	33/3

Table 6. Characteristics of the data analysis between the two locations, the number of regulating the valves, and the irritation of auditors based on the type of intervention.ISTDP and ST

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		Canaregiri			Nadeedehgarften			senses			Active rookie			Protection of the environment		
		Reviewers														
		first	Always	Som	first	Always	Som	first	Always	Som	first	Always	SAnd	first	Always	Som
Water changes	TS	5/8	3	5/2	5/4	2	5/1	5/1	3	2	5/4	3	2	3/5	4	2.5
	B/A	ISTDP	0/5	1	1	1/5	3	2	1/5	2	0/5	1	2	1/5	0/5	2
Mianji changes	TS	5/8	5/2	6/2	2/4	2	1/2	5/1	4/3	6/1	1/4	6/2	9/1	3/1	3/3	2.5
	B/A	ISTDP	1	1/3	1	1/5	2/7	1/7	1	1/7	1	0/6	1/3	1/5	0/8	7/1
Absolute changes	TS	2	2	2	2	3	1	1	4	2	2	2	1	2	2	1
	B/A	ISTDP	1	0	1	0	1	2	2	1	0	1	0	1	1	1
Behboudi's watch	TS	33	81	71	33	71	51	9	22	02	66	05	33	57	66	80
	B/A	ISTDP	6/2	13/3	12/5	14/2	30	20	9	66/7	18	20	11	33/3	16/7	06
Andazah effect	TS	9/2	4	8/8	4/4	4/2	1/8	2/2	1/3	7/2	4/4	5/2	2/4	3/3	5/3	3/7
	B/A	ISTDP	1/7	2	1/3	2/2	1/7	1/6	2/3	1/5	1/5	1/9	1/5	2/2	1/7	5/2
DPN	TS	001	001	001	001	6/6	001	6/6	001	6/6	001	6/6	010	100	010	100
	AB/	ISTDP	33/3	66/6	33/3	66/6	66/6	66/6	66/6	33/3	33/3	66/6	66/6	66/6	33/3	6/66
DP.O.	TS	0	0	0	0	3/3	0	3/3	0	3/3	0	3/3	0	0	0	0
	AB/	ISTDP	66/6	33/3	66/6	33/3	33/3	33/3	33/3	66/6	66/6	33/3	33/3	33/3	66/6	3/3
MPI	TS	001	001	001	001	001	001	001	001	001	001	001	010	100	010	100
	AB/	ISTDP	100	100	66/6	100	66/6	66/6	100	100	100	66/6	66/6	100	100	010
MPR	TS	0	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	0	0	3/3	0	0	33/3
	AB/	ISTDP	33/3	0	0	33/3	0	33/3	33/3	0	33/3	33/3	33/3	0	33/3	3/3

Table 7. Meaning of the analysis of the data between the two locations of the number of regulating the revitalization of visitors according to the type of intervention.ISTDP and ST

	Water changes		Engine changes		Chang Ram divorced		Monitor Behboudi		Cohend		PND		POD	
	TS	DPTIS	ST	TDPSI	ST	ISTDP	ST	ISTDP	TS	TDPSI	TS	PDTIS	ST	ISTDP
Canaregiri	3	0/8	2/8	1/1	2	0/6	22	10/6	3/5	1/6	100	44/4	0	55/5
Need to the list	6/2	2	7/2	1/9	2	1	21/6	21/4	3/8	1/8	8/8	6/6	1/1	33/3
senses	2/1	1/3	2/1	1/2	2/3	1	17	31/2	2/6	1/7	77/7	44/4	22/2	55/5
Replied to	1/8	5/1	8/2	1/1	1/6	0/66	50	21/5	3/7	1/8	8/8	6/6	1/1	33/3
Just go	3/3	1/5	3	1/2	1/6	1/6	67/6	36/6	3/5	2	100	55/5	0	44/4
Protection														

This is shown in Table 5PND

To regulate your excitementThey are in the ST And they are sad (100%) and BrayIn ISTDP Rahbardhay Sazshayafatah and Sazashnayafata are in the order of (66%) and (77%) may bashd and indazah according to CohenIn dSTIn the books Sazsh Yafatah and Sazsh Nayaftha in the order (3/13) and (3/26) and Durr(ISTDP2/51) and (2/41) Mai Bashid.And MPI Niza MPR In(Pray har du rahberd ST100) And inIn ISTDP It is arranged in the order of 0.11/1. There is a significant number of changes in the absolute surface, and changes in the surface of the body attributed to it are caused by a mistake made in the countryside.

So its displacement and its turmoil are dark, with variable narration, and a changeable arrangement. With this presence, there is a development in the Amdhast table, the balance of changes and its impact on the Darmani Tahrwara, more and more, the next year, it is left and its window is extended. Measuring the changes in this situation due to the threat of a Tunisian conversation that has a bad effect on regulating the commotion of his home, so that he can monitor how he can regulate the commotion in the auditorium. This is under the text of the Darmani Bodhand (for the sake of the Rahbardhay, his style and his style, in the order of 44 and 16/1). Almost all of my reviewers are like this, under the Darmani, "Buyshi" of Kotah Maddah and the Shardah of the Budhand (for this, the Rahbard). His sazshiyafa and sazshnayaftha have the order of 21 and 8/6).

In Tables 6 and 7, seePNDFor the purpose of organizing the shelves excitement inISTDP and ST Between (77%) and (100%) a current decision.ISTDP (44%) ta (66%) dr monitor est. Insert the effect into the text box from (2/6) to (3/7) from the bottom of the box, then change it and change (1/6) to (2) part.MPI Need InstFor your sake, you will be happy (100) And inFor ISTDP Rahbardhay Gunagun varies in size (77/7, 88/8 and 100).

### Research and results

He is present with the goal of AthrabakhshiISTDP and ST direction In this way, you can organize your chats and rantsCPTSD Achievement Tighten. As a result of this, there is no need to regulate noise and noise in the auditorium, and there is no need for any information about it.( ST27-34) And they will humiliate you(ISTDP15, 35, 36). They whispered amiably. However, the price tag of Darmani, Athrabakhshi, is bought on a daily basis with a change in the regulation of the sound/raftari of the excitement of the dash. In order to clarify the effect, it is more difficult to bring up a detailed discussion of its technique and the concept of what it means when compared to it.ISTDP Dasht Pashim. There is a reality that has an uneven cause, this is a type of study. In creating reformist agitation experiments with a perspective, I am ignorant of it and organizing agitation that has an uneven change in the work. I have created this irritation organization with the title "Twanaiyi, the experience of distressing feelings without any doubt" (37) and I have created an irritation organization with the title "Problem or Natwani". "You are a person with experience or excitement" (38) Mishud's definition. As a result, it is time to find a cover for your needs and manage any irritation; My circumstances are like thisI have severe CPTSD I'm sorry and I'm sorry for the repair process. This is the reason why, with deep wisdom, there is a way to repair this situation in the past. If you need to repair ST, you will need to diagnose ISTDP and ST.

The heart of reformist agitation experiencesExperimental technology and ST Photography Especially when photographing thoughts

There is a significant number of changes in the absolute surface, and changes in the absolute surface that are attributed to it are caused by a mistake that has been made in the country. To narrate a variable, regulating the agitation of the gearbox. With this presence, there is a change in the time table, the balance of changes and the impact of it on a more dark and dark side.

It's like this, it's a place where there's a lot of irritation and there's no way out of it. In this type of photography, like popcorn with any commotion, we have references to how fast you move, and set the tone. The goal here is to remove all aspects of the issue and make sure you have a sense of security. You can't feel the references when playing music. If someone wants to have a block on his or her mind, it is tied to a door with a flat surface, so it is necessary to use it or remember that it is in the car closet, even if it is important to get back to the car and start driving. Thoughts about the type of car meter. From the point of view of how the reviewer's office feels, the language of the auditor is that it agrees to record this time with any signs - for example, in the phone number - at the time of the session, creating a mental image that has been cut off (39). Stop signDriving a car with a previous history is important and useful. Again, try it out, you will almost always have to go back to it for signs of stopping using your phone. Please see if it is not enough when it stops. Once you have checked the size of the device, try using two test options when using a rubber band, and then put it in the same place for a long time, so that the device is turned off until it is stopped (40). Banabrain; The control of arousal experiments has references to important parts of this type of experiment in the field of hysteria. I have studied this technique in an experimental way of using the term "shanakht dag", but it is important to know the balance of bloodshed, and this is the technique of Sangideh Mishud.

I can't help but ask for references that are too much to bear, but I also need to find out if there's a problem with it and I can't figure it out.

than anything else More from the context of the ISTDP The goal of enduring turmoil and defeating the defense of Ruanrangur (41, 42), confirmed by Mishud. It is a kind of gradual popcorn for the emotional experience of the individual whose conversation is as if it is a kind of slow, gradual narrative-like process in the system's sensitivity. Tolerance of the engine speed of the target resource. In the course of the revolution, a Peronian Harasza engine with a gradual change in the resource of the goal of a new decision, the result of which there is an experience of my feelings, with the title of a Harasza engine, the goal of this. However, when there is a target, there is a huge disturbance in the engine (43). In the reality of the situation, there is an alternating sound in the state of movement, feelings and disturbances associated with it, and it carries references to it. Identification of a country with references and past history that must be of interest to you, as of now. If there is any disturbance or danger at the end of the day, there are signs that one's feet may be on the outside and there is a sign that one's face will be at the same time. Astana, don't forget. This is a sign of loss, striatal muscle disorder, and severe emotional distress.<sup>1</sup>

Ast, it is the path of leaving a disturbance in the muscles, or possibly a disorder that changes the principles of the Kurd (44). We have a control unit in the bookmarks section of the library. There is a difference between the color and color of the color that appears in it. It has become a complete improvement in the view of Mercedes "Buster Couch" in Troma's thoughts, with an essential and important vehicle. This is the place where you need to have a safe and secure connection, and always have a safe and secure connection. This is the goal at the end of the place where you can divide it, so that you have an attack defense (8) when the person surrounds the Kurdhand and or if he or she experiences its irritation, try to avoid it and ignite it. My world is dark and deprived of its place. This is a safe cover in the field of dialogue, with a different media and technique, prepared for the phrase: "Palestinian religion is the home of the people" that

It is important to bring out the experience of reformist agitation in the context of a democratic process, and in the context of a democratic relationship that is not created. In the first place, such a language has an address that contains a link between the language and the relevant references (45). You can also expand on this topic, which is a topic of personality imbalances, as well as the inscription of Pazwaldini on the limit and the number of people in Darman, confirming the answer (46), and this in Darmanger is like a famous person who is an insurance company. I wish: When the song fades away with an emotional tone, there is a song that brings up a lot of emotional references, and when there is a romantic relationship without skipping a beat, it seems like a new song at the end of this phone with a drum that has a very loud voice on it. These links include references (47).

Basically, Darmanger says that "his father has enough love" (48) with emotional experience, references to what is happening and what is wrong with him and what is the way to find a safe space; It is safe to go back and forth to quench your distressed thoughts and contemplate your experiences and irritations, and have a safe feeling. In the reality of my father's life, he made something similar to that of a healthy person, and he left his house in the same place as he did, and the surroundings of the world were like this (49). Fantastically sensible: It has a high-level address (ImRS) This is a technique to experience corrective agitation and find a caustic paste, as well as a romantic relationship in order to make use of it. In this Drummanger area with the address of a new observer, I was able to provide you with a picture of the references that you would like to avoid, and if there is a tragedy (during the fantasy) there is a type of history and the meaning of the loss of the individual and the meaning of it in the context of the agreement to redeem it. Click to change the settings (50). Car with sandals: Another technique in This is an important inscription ST In this case, if you have any mental issues. Mostly, in Bakhshaha, there are different types of puzzles that have different meanings and different decisions (51). We used a car with a sandal to use a different technique to try it out with a different sound. It is the same as Tanzeem Kurdah, and it is equivalent to Barsand and mentality with the help of Salem to strengthen the country (52).

2. Limited Reparenting
- 1 Isolation of affect
3. Security-providing attachment figure

4. Imagery Rescripting
5. Chairwork
6. Self



There is such a thing in this space where someone can discover something different and find someone else's place.

In fact, this technique is a perfect balance between making a wish and discovering the outcome of a shadhast. At the same time, its brightness is highRing and ISTDP High degree. PopcornIt is important for you to highlight it in this context, including the excitement of references in the country and the experience of the excitement of Zirbnai and Boden in the drama region. The original target, like popcorn, is the result of a transitional attack and a secondary resistance on the other side. This is an attack that takes place with two resistances. This is a comprehensive transitional agitation that has destroyed my mind and the nervous system attributed to it, with implicit guidance and thoughts attributed to it, as references. TransparentSaziAnd what's the matter with you?Her defense at this stage is at a very high level because she can use it to prevent any kind of commotion in the household (53). In this case, this technique is very important.

This was intended to create a parity in the ISTDP space. This is for people with a heavy load that can be tolerated (44). Format a sazi adverb or format a degree with a bad moodIt includes an alternating crack of agitation and disturbance associated with the end of the situation, which has the perspective of regulating the disturbance and heat of the situation. Take a look at how to talk about how to think and talk about the situation (54) in this regard. More disturbances and agitations. In the end, I was able to experience all my irritations that I had previously been able to experience, and that my thoughts were tied to a table on my back. We are developing a technical measurement in this way, based on a specific diagnosis based on the question of the need to determine the exact balance between a certainty and the discovery of a negative decision.

At the same time, the operating system for each day is completely different from the previous one.sSee Recommendation (55) This is mentioned in the installation phase.6Begin with all the problems you face, both organizationally and emotionally, socially, emotionally, and securely. Sps

The centered stage is used to record the audio recordings, and the centered inputs cannot be used. In order to survive this stage of continuous waiting for the period to come, practice with the aim of establishing the renewal of its skill, before continuing the process, it is possible to stop between the first phase and the next stage and then change the type (56). We need to find out what is the primary source of the basic principles of the car with the basics of this method and look at the development of a technical topic with the presence of advanced technology and its mother-to-mother connection. Best style if you want. This is the most important thing in the world, so the device is damaged and there is no need to remove it, but it is also built in the same way as the temperature is removed (formatting the temperature of the unit) and it is not necessary to install it during the installation process here. Learn more about the meaning of the language you want.

Turn reality; This is the process of setting or setting a stage for installing a text box using a different type of device, such as a different type of concept, or type of device.

At the end of the mitwan jambandi, this is the answer, with the help of his quiver.Popcorn, clear and shiny with its defense and (ISTDP Sazi adverb) Expressing raw agitations and thoughts associated with the problem of "Payin - Bala"» Ast. This is the basis of the content of a language, the basis of experience and familiarity, and the feelings and emotions of an intense experience inside the body, for a moment, for a moment, in the center of the device. In this way, I begin to refer to the experience of the turbulence of people who are not allowed to go out, just outside the building of my story, and it has a ring on my back - a new story has been added. However, in the context of the conversation, there is a more "nonsense" word.8AST; This means that there is no need to use this technique to continue using an experimental technique to create an agitated experience (16). When it is present, we will not be able to review it during the intervention group.ST In my thoughts, there is a lot of trouble and commotion related to this experience and organization. There is no such thing as an explanation of how to tighten the cloth in my thoughts, in terms of trouble.Variant and ST caramerometer s.t.

- 1. Pressure
- 2. Clarification
- 3. Challenge
- 4. Graded format

- Phase-oriented or sequenced approach 5
- stabilization phase 6
- 7. Bottom up
- 8. To-p down

#### The limitations of this and the other

With the aim of making use of how to read about your information about the information and conduct academic interventions. ISTDP and ST Given the limited number of people, it is possible to generalize the results with the best results. Azainro with it

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There is a recommendation that is not available for use in the past.

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