

Wainbergs company meetings including rules of order.

CCH Canadian - Wainberg's society meetings including rules of order : Wainberg, J. M., 1906

Session	Subject
1	Introduction, psycho-education, and start with general skills training
2	Mindfulness, creating awareness of current problems
3	Mindfulness and pros/cons of current behavior
4	Distress tolerance, dealing with mental health issues
5	Distress tolerance, alternative ways of coping with negative affect I/O sex or substance use
6	Emotion regulation and impulse control
7	Emotion regulation and self-esteem
8	Interpersonal effectiveness, set boundaries
9	Interpersonal effectiveness, maintaining and severing relationships
10	Repeating lessons learned, training evaluation and making aftercare appointments

Description: -

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Parliamentary practice -- Canada. Wainbergs company meetings including rules of order.

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Notes: Includes bibliographical references and index.

This edition was published in 1998



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