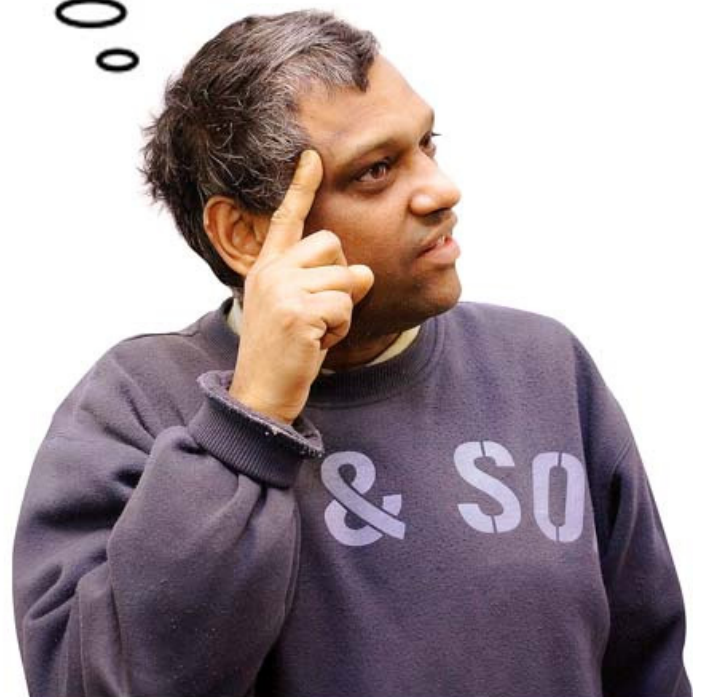


my **C**ognitive **B**ehavioural **T**herapy book

my name

my therapist.....

my worker.....



personal details

my address



my CBT therapist



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phone number

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my worker



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phone number

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