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Braver together: an exploration into the effectiveness of blended group cognitive behavior therapy as early intervention for socially anxious adolescents

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Braver Together

An Exploration into the Effectiveness of Blended Group Cognitive Behavior Therapy
as Early Intervention for Socially Anxious Adolescents

Sara Louise Madeleine Velthuisen

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Braver Together

An Exploration into the Effectiveness of Blended Group Cognitive Behavior Therapy as Early Intervention for Socially Anxious Adolescents

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*To my husband,
who has walked every step of this journey with me*

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“An ounce of prevention is worth a pound of cure.”

- Benjamin Franklin, 1735