

**Compassionate mind training for people with high shame and self-criticism: overview and pilot study of a group therapy approach**

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Clinical psychology and psychotherapy

2006; 13(6):353-379

**ARTICLE IDENTIFIERS**

DOI: 10.1002/cpp.507

PMID: unavailable

PMCID: not available

**JOURNAL IDENTIFIERS**

LCCN: not available

pISSN: 1063-3995

eISSN: 1099-0879

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

This article was identified from a query of the SafetyLit database.