

Group Treatment for Substance Abuse

SECOND EDITION

A Stages-of-Change
Therapy Manual

Mary Marden Velasquez, Cathy Crouch,
Nanette Stokes Stephens, and Carlo C. DiClemente



Group Treatment For Substance Abuse A Stages Of Change Therapy Manual

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Crouch, Nanette Stokes Stephens, Carlo
C. DiClemente**

Group Treatment For Substance Abuse A Stages Of Change Therapy Manual:

Group Treatment for Substance Abuse, Second Edition Mary Marden Velasquez, Cathy Crouch, Nanette Stokes Stephens, Carlo C. DiClemente, 2015-10-22 The leading manual on group based treatment of substance use disorders this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change The program helps clients move through the stages of change by building skills for acknowledging a problem deciding to act developing and executing a plan and accomplishing other critical tasks The expert authors provide step by step guidelines for implementing the 35 structured sessions along with strategies for enhancing motivation In a large size format with lay flat binding for easy photocopying the volume includes 58 reproducible handouts Purchasers get access to a Web page where they can download and print the reproducible materials New to This Edition Reflects significant developments in research and clinical practice Eight new sessions focusing on the brain and substance use gratitude self control mindfulness acceptance and more Updated discussions of motivational interviewing and the use of cognitive behavioral techniques with groups 41 of the 58 handouts are new or revised all are now downloadable See also Substance Abuse Treatment and the Stages of Change Second Edition by Gerard J Connors et al which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts

Group Treatment for Substance Abuse, First Edition Mary Marden Velasquez, Gaylyn Gaddy Maurer, Cathy Crouch, Carlo C. DiClemente, 2001-07-15 This practical manual presents a 29 session treatment program designed to engage motivate and stimulate processes of change in clients at all stages of recovery The program is based on the research supported transtheoretical model of behavior change The manual describes skills building activities and interventions that are likely to be most effective with clients as they cycle from the earlier stages of change m precontemplation contemplation and preparation m to the later stages action and maintenance Each of the structured sessions is presented in a consistent highly accessible format including a clear rationale summary of objectives and overview of the main activities that will take place Step by step guidelines for implementation are provided as well as strategies for using a motivational interviewing style The manual is complete with all needed handouts and exercise forms ready to photocopy and distribute to clients Ideal for use with groups the approach can easily be adapted to individual treatment

Group Treatment for Substance Abuse Mary Marden Velasquez, Cathy Crouch, Nanette Stokes Stephens, Carlo C. DiClemente, 2015-11-26 The leading manual on group based treatment of substance use disorders this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change The program helps clients move through the stages of change by building skills for acknowledging a problem deciding to act developing and executing a plan and accomplishing other critical tasks The expert authors provide step by step guidelines for implementing the 35 structured sessions along with strategies for enhancing motivation In a large size format for easy photocopying the volume includes 58 reproducible

handouts Purchasers get access to a webpage where they can download and print the reproducible materials New to This Edition Reflects significant developments in research and clinical practice Eight new sessions focusing on the brain and substance use gratitude self control mindfulness acceptance and more Updated discussions of motivational interviewing and the use of cognitive behavioral techniques with groups 41 of the 58 handouts are new or revised all are now downloadable See also Substance Abuse Treatment and the Stages of Change Second Edition by Gerard J Connors et al which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts Intervention in Mental Health-Substance Use David B. Cooper, 2016-09-19 The Mental Health Substance Use series provides clear guidance for professionals on this complex and increasingly recognised field It concentrates on the concerns dilemmas and concepts that impact on the life and well being of affected individuals and those close to them and the future direction of practice education research services intervention and treatment Mental health substance use is a complex and varied phenomenon and this volume stresses an appreciation that interventions that work for one individual or family may prove ineffective for another It therefore explores the needs of individuals and carers the nature of the therapeutic relationship and the theory and application of a variety of interventional techniques these include group therapy cognitive behaviour therapy CBT motivational interviewing MI brief interventions and many more The volumes in this series are designed to challenge concepts and stimulate debate exploring all aspects of the development in treatment intervention and care response and the adoption of research led best practice They are essential reading for mental health and substance use professionals students and educators *Handbook of Group Counseling and Psychotherapy* Janice L. DeLucia-Waack, 2004 The Handbook of Group Counseling and Psychotherapy is a comprehensive reference guide for group practitioners and researchers alike Each chapter reviews the literature and current research as well as suggestions for practice in the psycho educational arena counselling and therapy groups The Handbook encourages the notion that the field is improved through increased collaboration between researchers and practitioners Through a review of cutting edge research and practice the Handbook includes 48 articles by renowned experts in group work the history and theory of group work topics across the lifespan an entire section on multicultural issues a variety of clinical problems and settings appendices include the Association for Specialists in Group Work Training Standards Best Practice Standards and Principles for Diversity Competent Group Workers The Handbook is divided into seven sections Current and Historical Perspectives on the Field of Group Counselling and Psychotherapy reviews and analyzes the many contributions and contributors that have made group counselling and psychotherapy a vital and potent treatment method The chapter outlines review articles spanning four decades and outlines the evolution of group themes over the last 100 years Best Practices in Group Counselling and Psychotherapy uses research theory and group counseling experience to provide group leaders and researches with the most current and best practices in conducting group counseling and psychotherapy Multicultural Groups follows the ASGW Principles for Diversity Competent

Group Workers and is intended to provide group leaders with essential information about different cultural groups and their world views perceptions of groups naturalistic healing methods suggested group interventions and implications for groups Chapters cover Native Americans Latinos Asians and African Americans disabled persons and gender and sexuality Groups Across Settings includes examples of psycho educational counseling and psychotherapy groups in a variety of settings This section presents readers with theoretical and empirical support for group work in such settings as the Veterans Administration system university counselling centers and more Groups Across the Lifespan consist of chapters across many age groups For children and adolescents cognitive and developmental issues are addressed For adults socialization and interpersonal issues are addressed including separate chapters for male and female groups Finally a chapter on the elderly deals with cognitive health and life review issues Special Topics Groups presents a continuum of different types of groups used to treat people with interpersonal and developmental issues such as grief substance abuse depression and others Each chapter in this section provides definitions and descriptions of the issues along with theoretical and empirical support Finally Critical Issues and Emerging Topics attempts to reflect the zeitgeist and provide a glimpse into group interventions for the future Emerging issues such as online groups prevention groups and peer led mutual help groups receive careful attention and analysis The Handbook of Group Counseling and Psychotherapy the first reference devoted to this emerging and rapidly growing field is essential for academics researchers professionals and librarians serving the group therapy community There is no similar reference available and it will prove a landmark volume for years to come

Psychology of Substance Abuse
André Luiz Monezi Andrade, Denise De Micheli, Eroy Aparecida da Silva, Fernanda Machado Lopes, Bruno de Oliveira Pinheiro, Richard Alecsander Reichert, 2021-04-15 This book is a guide for psychologists working with substance users in different healthcare settings from private clinical practice to larger health institutions and community services It presents a comprehensive overview of the different aspects involved with substance use disorders from a psychological perspective from prevention to recovery The volume offers an integrative view about neurobiological behavioral and psychosocial aspects related to becoming a substance user shows how psychological assessment tools can be used to diagnose substance use disorders describes how different kinds of psychotherapy can be applied in the treatment of substance use disorders and presents a range of evidence based clinical and social interventions designed for both prevention and treatment of substance use disorders Apart from covering the whole range of services related to the prevention diagnosis and treatment of substance use disorders the volume also shows how these issues can be approached from different theoretical perspectives within psychology such as Behavioral and Cognitive Psychology Neuropsychology Existential Psychology Phenomenology Psychoanalysis Analytical Psychology Community and Social Psychology Psychology of Substance Abuse Psychotherapy Clinical Management and Social Intervention will be a useful resource for psychologists and other health professionals working with substance users as well as to undergraduate and graduate students looking for a comprehensive introduction to

the psychology of substance abuse *Handbook of Military Psychology* Stephen V. Bowles, Paul T. Bartone, 2017-12-05 This expert compendium surveys the current state of military psychology across the branches of service at the clinical research consulting and organizational levels Its practical focus examines psychological adjustment pre and post deployment commonly encountered conditions e g substance abuse and the promotion of well being sleep mindfulness and resilience training Coverage pays particular attention to uses of psychology in selection and assessment of service personnel in specialized positions and training concerns for clinicians and students choosing to work with the military community Chapters also address topics of particular salience to a socially conscious military including PTSD sexual harassment and assault women s and LGBT issues suicide prevention and professional ethics Among the specific chapters topics covered Military deployment psychology psychologists in the forward environment Stress and resilience in married military couples Assessment and selection of high risk operational personnel processes procedures and underlying theoretical constructs Understanding and addressing sexual harassment and sexual assault in the US military Virtual reality applications for the assessment and treatment of PTSD Plus international perspectives on military psychology from China Australia India and more Grounding its readers in up to date research and practice Military Psychology will assist health psychologists clinical psychologists psychiatrists and clinical social workers in understanding and providing treatment for military populations veterans and their families as well as military psychologists in leadership and consulting positions *Slipping Through the Cracks* Mark Sanders, 2011-12 Clients who have multiple addictions and disorders are more difficult to engage and treat than clients with a single disorder Many of the current systems are ill equipped to address the myriad challenges of these clients their relapse and recidivism rates are higher and many of these clients tend to slip through the cracks often going back and forth among addictions treatment psychiatric and medical hospitalizations and incarceration Too many difficult to reach clients are at risk for relapse because their practitioners lack effective innovative strategies for this unique client base who remain part of a revolving door syndrome Now Certified Alcohol and Drug Addictions Counselor Mark Sanders LCSW offers specific strategies to assist therapists and counselors who work with difficult and at risk populations including those with multiple addictions co occurring disorders adolescents rural methamphetamine users antisocial personality disorder criminality and addiction trauma or grief and chemical dependency history of chronic relapse and recidivism *Slipping Through the Cracks* is a encyclopedic handbook to specific traits of the difficult to reach client as well as a concise guidebook to effective strategies that will be useful to anyone working with clients in private practice or in treatment programs who have both mental health and substance abuse issues *Group Exercises for Substance Use Disorders Counseling* Geri Miller, 2025-09-03 An expertly curated collection of effective group exercises for patients with addictions In the newly revised second edition of *Group Exercises for Substance Use Disorders Counseling* experienced addiction counselor Geri Miller delivers a practical collection of group therapy exercises for patients struggling with substance addictions The author has

drawn on over four decades of frontline experience treating addicted patients as well as the latest research evidence and best practices to curate a selection of group exercises that improve health outcomes among a wide variety of patient populations You ll find useful group exercises accompanied by easy to understand instructions in an intuitively organized format These exercises assist patients in the development of self awareness of harmful behaviors and patterns and realistic strategies they can apply immediately to help address them They also help patients identify stressors and triggers and offer techniques to avoid or resist them Inside the book Practical group counseling exercises that work with patients from myriad backgrounds including those belonging to especially vulnerable groups Easy to follow instructions for clinical practitioners counselors social workers and other professionals conducting group therapy for addiction Complimentary PowerPoint resources to help educators in a classroom setting as well as counselor supervisors conducting training An essential and updated resource for mental health and addiction counselors Group Exercises for Substance Use Disorders Counseling is an invaluable book for anyone involved in or studying substance abuse counseling and treatment **Lowinson and Ruiz's Substance Abuse** Pedro Ruiz, Eric C. Strain, 2011 A comprehensive authoritative text on all aspects of substance abuse and addiction medicine Scientific topics such as the biology of various addictions and all dimensions of clinical treatment and management are addressed by a wide range of leading contributors Behavioral addictions are addressed also so the text is not solely devoted to specific substances and their misuse Provided by publisher Learning the Language of Addiction Counseling Geri Miller, 2011-01-04 Comprehensive and current Learning the Language of Addiction Counseling Third Edition introduces students to the field of addiction counseling and helps them develop the knowledge understanding and skills needed to counsel people who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides a balanced overview of the major theoretical underpinnings and clinical practices in the field covering all of the essentials from assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional Fully revised and expanded the Third Edition offers a positive practice oriented counseling framework and features Revised chapters reflecting important changes in the field New chapters on Spirituality and Addiction Counseling and Pain and Substance Abuse New case studies interactive exercises and suggested reading and resources at the end of each chapter Personal Reflections sections in each chapter illustrating the author s evolving views of addiction counseling New online Instructor s Manual containing PowerPoint slides test bank questions and syllabi

Treatment Approaches for Alcohol and Drug Dependence Tracey J. Jarvis, Jenny Tebbutt, Richard P. Mattick, Fiona Shand, 2005-08-05 The first edition of this book was based upon the recommendations of the Quality Assurance in the Treatment of Drug Dependence Project and provided a step by step guide for therapists working with clients with alcohol or other drug dependency or misuse Since publication in 1995 it has become well known for its easy to read style and wealth of practical resource materials However the evidence in the field has moved forward in the last eight years creating a need for

an updated edition Retaining the trademark easy to use up to date style the Second Edition offers new chapters on pharmacotherapies case management young people and dual diagnosis Other chapters have been updated to reflect the latest research findings and current practice and the practice sheets and client handouts are made available online for downloading and customization by therapists

The ASAM Principles of Addiction Medicine Shannon Miller, 2018-11-26
Publisher's Note Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product Thoroughly updated with the latest international evidence based research and best practices the comprehensive sixth edition of the American Society of Addiction Medicine's ASAM official flagship textbook reviews the science and art behind addiction medicine and provides health care providers with the necessary information to not only properly diagnose and treat their patients but to also serve as change agents to positively impact clinical service design and delivery as well as global health care policy

The Oxford Handbook of Health Communication, Behavior Change, and Treatment Adherence Leslie R. Martin, M. Robin DiMatteo, 2014 This edited volume brings together top notch scientists and practitioners to illustrate intersections between health communication behavior change and treatment adherence

The SAGE Handbook of Counselling and Psychotherapy Colin Feltham, Ian Horton, 2006 This all inclusive comprehensive book may on first glance appear to have little that is relevant to emergency nurses On closer scrutiny it covers many of the emotional problems and crises you will encounter in the emergency department It is a useful resource and reference book and will be valued by students and practitioners of emergency nursing Accident and Emergency Nursing Praise for the First Edition An amazingly comprehensive well written balanced and pluralistic handbook that manages to present the rainbow field of psychotherapy and counselling in an accessible and reliable way This state of the art volume will become absolutely indispensable for anyone involved in this work whether in training or qualified Andrew Samuels Professor of Analytical Psychology University of Essex This remarkable book is more than an elegant presentation of contemporary counselling and psychotherapeutic theory It is packed full of practical skills and hints all written by highly experienced practitioners and presented in an accessible and jargon free format No idea is left unturned This is a practical handbook in every sense of the word and essential reading for trainees and practitioners alike Professor Robert Bor Consultant Clinical Psychologist Royal Free Hospital London Well organized fully inclusive and skilfully edited it is going to be impossible not to buy this handbook Basically it has something on everything which people might ask about the counselling and psychotherapy profession Dave Mearns Professor of Counselling University of Strathclyde This is an immensely useful source book for therapists to keep near at hand in order to update knowledge and to satisfy curiosity about new ways of working It will also be extremely helpful for trainees as they strive to gain an over arching perspective in a rapidly proliferating field Professor Helen Cowie School of Psychology and Counselling University of Surrey Roehampton The SAGE Handbook of Counselling and Psychotherapy Second Edition is the most comprehensive text of its kind and an

essential resource for trainees and practitioners alike. Comprising succinct and easy to access contributions the Handbook describes not only the traditional skills and theoretical models but also the most common client concerns brought to therapy and the particular skills required for different practice settings and client groups. Written and edited by those at the very forefront of counselling and psychotherapy the Handbook has been substantially updated for this the Second Edition and includes new material on evidence based practice psychopharmacology counselling by email psychodrama solution focused therapy quality evaluation and attachment theory. For trainees The SAGE Handbook of Counselling and Psychotherapy Second Edition provides the ideal companion to each stage of their studies while for practitioners the Handbook is an indispensable source of professional reference.

Addiction Counseling Competencies, 2006

The ASAM Principles of Addiction Medicine Shannon C. Miller, Richard N. Rosenthal, Sharon Levy, Andrew J. Saxon, Jeanette M. Tetrault, Sarah E. Wakeman, 2024-02-15

Principles of Addiction Medicine 7th ed is a fully reimagined resource integrating the latest advancements and research in addiction treatment. Prepared for physicians in internal medicine psychiatry and nearly every medical specialty the 7th edition is the most comprehensive publication in addiction medicine. It offers detailed information to help physicians navigate addiction treatment for all patients not just those seeking treatment for SUDs. Published by the American Society of Addiction Medicine and edited by Shannon C. Miller MD, Richard N. Rosenthal MD, Sharon Levy MD, Andrew J. Saxon MD, Jeanette M. Tetrault MD and Sarah E. Wakeman MD, this edition is a testament to the collective experience and wisdom of 350 medical research and public health experts in the field. The exhaustive content now in vibrant full color bridges science and medicine and offers new insights and advancements for evidence based treatment of SUDs. This foundational textbook for medical students residents and addiction medicine addiction psychiatry fellows medical librarians and institutions also serves as a comprehensive reference for everyday clinical practice and policymaking. Physicians mental health practitioners NP PAs or public officials who need reference material to recognize and treat substance use disorders will find this an invaluable addition to their professional libraries.

The ASAM Principles of Addiction Medicine Richard K. Ries, David A. Fiellin, Shannon C. Miller, Richard Saitz, 2014-05-14

In the midst of an addiction epidemic this newly updated edition of The American Society of Addiction Medicine Principles of Addiction Medicine 5th edition is the sought after text every addiction researcher and care provider needs. This comprehensive reference text dedicates itself to both the science and treatment of addiction. You will receive a thorough grounding in both the scientific principles behind the causes of addiction and the practical aspects of clinical care. Chapters are written by recognized experts covering areas such as the basic science of addiction medicine diagnosis assessment and early intervention pharmacologic and behavioral interventions mutual help and twelve step and co occurring addiction medical and psychiatric disorders backed by the latest research data and successful treatment methods. Features Numerous figures tables and diagrams elucidate the text. Chapters include case examples. List of data research reports provided at end of each chapter. NEW material on Prescription Drug Abuse. Club

Drugs Nursing Roles in Addressing Addiction Conceptual and Treatment Issues in Behavioral Addictions Rehabilitation Approaches to Pain Management Comorbid Pain and Addiction Pharmacotherapy for Adolescents with Substance Use Disorders Preventing and Treating Substance Use Disorders in Military Personnel and more **Relapse Prevention** G. Alan Marlatt, Dennis M. Donovan, 2007-12-26 This important work elucidates why relapse is so common for people recovering from addictive behavior problems and what can be done to keep treatment on track It provides an empirically supported framework for helping people with addictive behavior problems develop the skills to maintain their treatment goals even in high risk situations and deal effectively with setbacks that occur The expert contributors clearly identify the obstacles that arise in treating specific problem behaviors review the factors that may trigger relapse at different stages of recovery and present procedures for teaching effective cognitive and behavioral coping strategies *Theory and Practice of Addiction Counseling* Pamela S. Lassiter, John R. Culbreth, 2017-02-17 This one of a kind text brings together contemporary theories of addiction and helps readers connect those theories to practice using a common multicultural case study Theories covered include motivational interviewing moral theory developmental theory cognitive behavioral theories attachment theory and sociological theory Each chapter focuses on a single theory describing its basic tenets philosophical underpinnings key concepts and strengths and weaknesses Each chapter also shows how practitioners using the theory would respond to a common case study giving readers the opportunity to compare how the different theoretical approaches are applied to client situations A final chapter discusses approaches to relapse prevention

Whispering the Techniques of Language: An Mental Journey through **Group Treatment For Substance Abuse A Stages Of Change Therapy Manual**

In a digitally-driven earth where displays reign great and instant communication drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within phrases frequently move unheard. Yet, situated within the pages of **Group Treatment For Substance Abuse A Stages Of Change Therapy Manual** a fascinating literary treasure blinking with natural feelings, lies a fantastic quest waiting to be undertaken. Published by a skilled wordsmith, that wonderful opus encourages readers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the psychological depths with this poignant review, we can embark upon a heartfelt exploration of the book is primary styles, dissect its interesting publishing fashion, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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Table of Contents Group Treatment For Substance Abuse A Stages Of Change Therapy Manual

1. Understanding the eBook Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - The Rise of Digital Reading Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Group Treatment For Substance Abuse A Stages Of Change Therapy Manual

- Personalized Recommendations
 - Group Treatment For Substance Abuse A Stages Of Change Therapy Manual User Reviews and Ratings
 - Group Treatment For Substance Abuse A Stages Of Change Therapy Manual and Bestseller Lists
5. Accessing Group Treatment For Substance Abuse A Stages Of Change Therapy Manual Free and Paid eBooks
 - Group Treatment For Substance Abuse A Stages Of Change Therapy Manual Public Domain eBooks
 - Group Treatment For Substance Abuse A Stages Of Change Therapy Manual eBook Subscription Services
 - Group Treatment For Substance Abuse A Stages Of Change Therapy Manual Budget-Friendly Options
 6. Navigating Group Treatment For Substance Abuse A Stages Of Change Therapy Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Group Treatment For Substance Abuse A Stages Of Change Therapy Manual Compatibility with Devices
 - Group Treatment For Substance Abuse A Stages Of Change Therapy Manual Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Highlighting and Note-Taking Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Interactive Elements Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 8. Staying Engaged with Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 9. Balancing eBooks and Physical Books Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Setting Reading Goals Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Fact-Checking eBook Content of Group Treatment For Substance Abuse A Stages Of Change Therapy Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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