

free schema therapy training

Free Schema Therapy Training: Unlocking the Path to Healing and Growth

free schema therapy training offers an incredible opportunity for mental health professionals, students, and even curious individuals to deepen their understanding of a transformative therapeutic approach without financial barriers. Schema therapy, developed by Jeffrey Young, combines elements of cognitive-behavioral, experiential, interpersonal, and psychoanalytic therapies to address deep-rooted emotional patterns known as “schemas.” If you’re eager to explore this powerful modality but worried about the costs of training programs, there are accessible resources and courses that can help you get started.

In this article, we’ll dive into what free schema therapy training entails, where to find reliable learning materials, and how to effectively integrate schema therapy principles into your practice or personal growth journey.

What Is Schema Therapy and Why Does Training Matter?

Before exploring free resources, it’s helpful to understand the essence of schema therapy itself. Schema therapy targets long-standing, maladaptive cognitive and emotional patterns—schemas—that often originate in childhood and continue to influence adult behavior and relationships. Unlike traditional cognitive-behavioral therapy, which focuses on surface-level thoughts and behaviors, schema therapy digs deeper into early experiences and unmet emotional needs to foster healing on a profound level.

Training in schema therapy equips therapists and counselors with specific techniques such as imagery rescripting, mode work, and limited reparenting, enabling them to help clients replace harmful schemas with healthier alternatives. For mental health professionals, formal training often involves workshops, certification programs, and supervised clinical practice. However, free schema therapy training opportunities can provide a solid foundation and spark interest without the initial investment.

Where to Find Free Schema Therapy Training Resources

The internet has made learning remarkably accessible, and schema therapy is no exception. Numerous resources exist online that offer free or low-cost introduction to schema therapy concepts and techniques. Here are some valuable places to start:

Online Courses and Webinars

Several reputable platforms occasionally offer free webinars or introductory courses on schema therapy. Websites like Psychology Tools, Coursera, or Udemy sometimes have free or trial-based lessons explaining the basics of schema therapy, including key concepts like early maladaptive schemas and schema modes.

Additionally, organizations such as the International Society of Schema Therapy (ISST) may provide occasional free webinars or resources for those interested in learning more.

Educational YouTube Channels

For visual learners, YouTube hosts a variety of videos by experienced therapists and educators explaining schema therapy in an accessible way. Channels dedicated to psychotherapy often break down complex concepts into digestible lessons, case examples, and demonstrations of schema-focused interventions.

PDF Guides, Articles, and Blogs

Many therapists and schema therapy practitioners share free downloadable guides, detailed blog posts, and research summaries. These materials can offer a comprehensive overview of schema therapy principles, common schemas, and intervention techniques. Websites like Therapist Aid, GoodTherapy, and Psychology Today frequently publish content that supports self-study.

Podcasts and Interviews

Listening to experts discuss schema therapy can deepen your understanding. Podcasts featuring interviews with schema therapists, case discussions, and therapy insights provide a convenient way to immerse yourself in the field while commuting or during downtime.

Benefits of Engaging in Free Schema Therapy Training

Taking advantage of free schema therapy training offers numerous advantages, especially for those at the start of their therapeutic education journey or those wanting to supplement existing knowledge.

- **Cost-effective learning:** Accessing free materials reduces financial barriers and allows exploration without pressure.

- **Flexible pacing:** Many online resources enable learners to progress at their own pace, revisiting complex topics as needed.
- **Broad exposure:** Free resources often cover diverse perspectives and techniques, helping learners identify areas of interest.
- **Skill development:** Even introductory training can enhance empathy, communication skills, and understanding of client dynamics.
- **Foundation for certification:** Free training can prepare aspiring schema therapists for formal certification programs by building essential knowledge.

Tips for Maximizing Your Free Schema Therapy Training Experience

Simply accessing free materials isn't enough to gain meaningful expertise. Here are some practical suggestions to make the most of your learning journey:

Create a Structured Learning Plan

Identify key topics you want to master—such as schema identification, mode work, or experiential techniques—and set realistic goals. Allocate specific times in your week for study to maintain consistency.

Engage in Reflective Practice

Schema therapy often involves recognizing one's own schemas. Use journaling or self-reflection exercises to explore personal patterns and emotional responses as you learn. This deepens comprehension and empathy for clients.

Practice With Case Examples

Many free resources include case studies or role-play scenarios. Actively working through these examples sharpens clinical reasoning and helps translate theory into practice.

Join Online Communities

Participating in forums, social media groups, or local meetups focused on schema therapy can provide support, answer questions, and offer networking opportunities with like-minded learners and professionals.

Seek Feedback and Mentorship

If possible, connect with experienced schema therapists who can provide feedback on your understanding or guide your development. Even informal mentorship can be invaluable.

Complementing Free Training With Advanced Learning

While free schema therapy training is an excellent starting point, advancing your skills typically requires more intensive education. Accredited certification programs often involve comprehensive workshops, supervised clinical hours, and examinations. These programs ensure adherence to the highest standards of practice and deepen therapeutic competence.

For those serious about integrating schema therapy into their professional repertoire, consider using free training as a gateway. After gaining foundational knowledge, explore paid training opportunities offered by recognized institutions or the ISST. Many organizations also offer scholarships or sliding scale fees to make advanced learning more accessible.

Schema Therapy Applications Beyond Professional Practice

It's worth mentioning that schema therapy isn't only for clinicians. Individuals interested in personal development or seeking tools to understand and manage their emotional challenges can also benefit from schema therapy insights.

Free schema therapy training materials often include self-help components aimed at identifying personal schemas, understanding triggers, and applying coping strategies. Exploring these resources can empower people to foster healthier relationships, improve emotional regulation, and break free from persistent negative patterns.

Incorporating Schema Therapy Into Everyday Life

- Recognize recurring emotional themes or patterns that cause distress.
- Identify which schemas might be influencing your reactions or decisions.
- Use mindfulness and cognitive techniques to challenge and reframe unhealthy beliefs.
- Practice self-compassion and nurture “healthy adult” modes within yourself.

These practical steps, guided by schema therapy principles, can lead to meaningful change even without formal therapy.

Final Thoughts on Free Schema Therapy Training

Exploring free schema therapy training opens doors to understanding a rich, integrative approach to healing emotional wounds and fostering resilience. Whether you’re a mental health professional seeking to expand your toolkit or an individual embarking on a path of self-discovery, accessible training resources provide a welcoming starting point.

By combining free educational materials with active practice, reflection, and community engagement, you can build a robust foundation in schema therapy that supports both personal and professional growth. As you deepen your knowledge, consider complementing these resources with formal training to fully unlock schema therapy’s transformative potential.

Frequently Asked Questions

What is free schema therapy training?

Free schema therapy training refers to educational programs or resources offered at no cost that teach the principles and techniques of schema therapy, a form of psychotherapy aimed at changing negative patterns or schemas.

Where can I find free schema therapy training?

Free schema therapy training can be found through online platforms like YouTube, free webinars offered by professional therapists, mental health organizations, and sometimes through introductory courses on websites like Coursera or Udemy.

Is free schema therapy training suitable for beginners?

Yes, many free schema therapy training resources are designed for beginners and provide foundational knowledge about schema therapy concepts, making them suitable for those new to the field.

Are free schema therapy training programs accredited?

Most free schema therapy training programs are not officially accredited, but they can offer valuable introductory knowledge. For formal accreditation, paid training from recognized institutions is usually required.

Can mental health professionals benefit from free schema therapy training?

Absolutely; mental health professionals can use free schema therapy training to enhance their understanding, refresh knowledge, or explore whether to pursue more advanced, paid certification in schema therapy.

What topics are typically covered in free schema therapy training?

Typical topics include an introduction to schema therapy theory, identification of early maladaptive schemas, coping styles, therapeutic techniques, and case examples.

How long does free schema therapy training usually last?

The duration varies widely; some free training might be a few hours long in the form of webinars or video series, while others may offer longer self-paced courses over several weeks.

Are there any free schema therapy training certifications available?

While some platforms may offer certificates of completion for free schema therapy courses, these are generally not formal certifications recognized by professional bodies.

Can I use free schema therapy training to start practicing schema therapy?

Free training provides foundational knowledge but is not sufficient for independent practice. Proper certification and supervised clinical experience are necessary to practice schema therapy professionally.

Additional Resources

Free Schema Therapy Training: Unlocking Access to Transformative Psychotherapeutic Skills

free schema therapy training opportunities have garnered attention among mental health professionals, students, and enthusiasts eager to deepen their understanding of this integrative therapeutic approach. Schema therapy, developed by Dr. Jeffrey Young in the 1990s, combines elements from cognitive-

behavioral therapy, attachment theory, and emotion-focused therapies to address deep-rooted patterns or "schemas" that influence an individual's emotional wellbeing. As demand for schema therapy skills grows, the availability of free or low-cost training modules has expanded, raising questions about quality, accessibility, and practical utility.

This article investigates the landscape of free schema therapy training, evaluating its formats, content quality, and relevance for professionals and learners seeking to enhance their therapeutic toolkit. It also explores the role of accredited versus informal training options, the integration of digital platforms, and the implications for clinical practice.

Understanding Schema Therapy and Its Training Needs

Schema therapy targets maladaptive schemas—enduring negative life patterns that often originate in childhood experiences and affect adult behavior and relationships. Unlike traditional cognitive-behavioral therapy, schema therapy delves deeper into emotional and relational dynamics, making the training process uniquely comprehensive.

Training in schema therapy typically involves multiple stages: foundational theoretical understanding, practical skill acquisition through case studies and role-plays, and supervised clinical applications. Many professional certifications require extensive hours of training and supervised practice, which can be costly and time-consuming. Consequently, free schema therapy training offerings serve as an introductory gateway or supplementary resource.

Formats of Free Schema Therapy Training

Free schema therapy training takes various forms, each with distinct advantages and limitations:

- **Webinars and Online Workshops:** Many organizations and individual clinicians host free webinars that cover schema therapy basics. These sessions often last between one to three hours and provide a condensed overview of core concepts.
- **Video Lecture Series:** Platforms like YouTube and professional psychology websites feature video content ranging from introductory lectures to demonstrations of therapeutic techniques.
- **Downloadable Reading Materials and Guides:** Some training providers offer free PDFs or e-books summarizing schema therapy frameworks and intervention strategies.
- **Open Access Modules:** Certain universities or institutes have begun offering free online courses or Massive Open Online Courses (MOOCs) that include schema therapy components within broader

psychotherapy curricula.

While these formats enhance accessibility, they vary in depth and interactive potential, which are crucial for mastering complex therapeutic skills.

Evaluating the Quality and Efficacy of Free Schema Therapy Training

A critical consideration for professionals considering free schema therapy training is whether these resources offer sufficient rigor and practical applicability. Unlike paid certification programs, free options may lack formal accreditation, supervised practice components, or comprehensive curricula.

Pros of Free Schema Therapy Training

- **Accessibility:** Free training removes financial barriers, democratizing access to schema therapy knowledge globally.
- **Flexibility:** Many free resources are self-paced, allowing learners to engage at their convenience.
- **Introductory Exposure:** Free training is ideal for newcomers who want to evaluate schema therapy's relevance before committing to formal education.

Cons and Limitations

- **Lack of Accreditation:** Most free courses do not offer certification recognized by professional bodies, which may limit their credibility in clinical settings.
- **Limited Depth:** Brief lectures or summaries may not cover the nuanced application of schema therapy techniques.
- **Absence of Supervision:** Effective schema therapy training requires mentorship and feedback, often missing in free formats.

- **Variable Quality:** Content quality varies widely, with some resources lacking evidence-based accuracy or clinical relevance.

Hence, practitioners should approach free schema therapy training as a stepping stone rather than a comprehensive solution.

Comparing Free and Paid Schema Therapy Training Options

The schema therapy training market includes both free resources and extensive paid programs offered by reputable institutions such as the International Society of Schema Therapy (ISST). Understanding the distinctions informs better educational choices.

Curriculum and Content Depth

Paid courses typically offer multi-day workshops, detailed manuals, role-playing exercises, and case consultations. They often follow a structured pathway from basic to advanced levels. In contrast, free courses prioritize foundational knowledge and theoretical overviews.

Certification and Professional Recognition

Accredited paid programs provide certificates that carry weight in licensing and professional development frameworks. Free courses rarely offer formal recognition, which may affect career advancement opportunities.

Mentorship and Clinical Supervision

Supervision is integral to schema therapy training, allowing trainees to apply concepts to real clients under expert guidance. Paid programs commonly include supervised hours, whereas free training might not.

Cost and Accessibility

While paid training ensures comprehensive learning, its cost can be prohibitive, especially for clinicians in low-resource settings. Free schema therapy training bridges this gap but at the expense of certain

educational elements.

The Role of Technology in Expanding Free Schema Therapy Training

The digital transformation of education has significantly boosted the availability of free schema therapy resources. Online platforms, mobile apps, and social media channels contribute to wider dissemination.

Online Learning Platforms

Websites such as Coursera, Udemy, and FutureLearn occasionally offer free psychotherapy courses with schema therapy components. Though not always specialized, these platforms provide structured learning environments and community interaction.

Professional Organizations' Contributions

Institutions like ISST and various universities have begun sharing free introductory videos, articles, and newsletters, reflecting a commitment to professional development and outreach.

Social Media and Peer Networks

Therapists and trainers use social media channels to share insights, case discussions, and mini-trainings at no cost, promoting peer-to-peer learning and continuous professional growth.

Who Benefits Most from Free Schema Therapy Training?

Free schema therapy training is particularly valuable to:

- **Students and Early-Career Therapists:** Those exploring therapeutic modalities can gain foundational knowledge without upfront investment.
- **Clinicians in Low-Resource Settings:** Access to free resources enables skill development when formal training is inaccessible.

- **Continuing Education Seekers:** Experienced therapists may use free content to refresh or expand their understanding.
- **Non-Therapist Caregivers and Educators:** Individuals interested in psychological frameworks for personal or professional reasons can benefit from basic schema therapy concepts.

Despite these advantages, users should recognize the limits of free training and pursue advanced, supervised education for clinical application.

Best Practices for Maximizing Free Schema Therapy Training

To derive optimal benefit from free schema therapy training, learners might consider:

1. **Combining Multiple Resources:** Use videos, readings, and webinars in tandem to build a more comprehensive understanding.
2. **Engaging in Peer Discussions:** Join online forums or study groups to deepen learning through dialogue.
3. **Seeking Mentorship:** Where possible, complement free training with informal supervision from experienced practitioners.
4. **Applying Skills Practically:** Practice techniques with case studies or volunteer settings to internalize knowledge.
5. **Progressing to Accredited Training:** Plan to enroll in formal programs to gain certification and clinical competence.

This approach ensures that free schema therapy training serves as a meaningful foundation rather than a standalone qualification.

The availability of free schema therapy training reflects a broader trend toward democratizing mental health education. While not a substitute for comprehensive, accredited programs, these offerings provide valuable initial exposure and ongoing support for learners worldwide. Mental health professionals, students, and curious individuals alike can leverage these resources to explore schema therapy's promising approach to addressing complex emotional and behavioral challenges.

Free Schema Therapy Training

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free schema therapy training: Mindfulness and Schema Therapy Michiel van Vreeswijk, Jenny Broersen, Ger Schurink, 2014-10-20 Mindfulness and Schema Therapy presents an eight-session + two follow up sessions protocol for schema mindfulness for therapists and their patients. Represents the first book to integrate the theory of schema therapy with the techniques of mindfulness Enhances schema therapy with techniques drawn from mindfulness-based cognitive therapy (MBCT) - a unique integration of two of the most popular treatment approaches in clinical psychology today. Merges two of the hottest topics in contemporary clinical psychology and psychotherapy Offers a practical guide for training and practice, with detailed coverage of theory followed by dedicated sections for therapists and patients Features a variety of exercises enabling readers to immediately implement the protocol Written by authors with expertise and experience in both schema therapy and mindfulness Includes a Foreword by Mark Williams, renowned for his contribution to the development of MBCT

free schema therapy training: Handbook of Family Therapy Training and Supervision Howard A. Liddle, Douglas C. Breunlin, Richard C. Schwartz, 1988-06-17 Over the last three decades, family therapy has revolutionized the mental health field, changing the way human problems are conceived and therapy is conducted. In concert with the dynamic growth of family therapy, the field of family therapy training and supervision has also expanded enormously yielding many new ideas and skills. Yet, until now, few books have been devoted to it, and no single volume has attempted to relate the full breadth of this growing field in terms of its conceptual and theoretical expansion as well as its practical application. HANDBOOK OF FAMILY THERAPY TRAINING AND SUPERVISION fills this need by presenting a truly comprehensive view of this dynamic area. To accomplish this broad yet in-depth scope, editors Liddle, Breunlin, and Schwartz have assembled 30 highly acclaimed authorities to author chapters in their respective areas of expertise. For further clarification, the editors have included segues that introduce and analyze each of the book's four major sections providing the reader with an overview of the section, highlights of themes that run through it, and discussion of the issues raised in a way that ties the chapters together. The book opens with a presentation of the unique and innovative approaches to training and supervision that have evolved in each separate school of family therapy. Offering a panoramic view of the entire field of family therapy, these seven chapters allow for fascinating comparisons among the different schools regarding the process by which ideas about therapy evolve into training techniques and philosophies. Section II follows with an explication of the pragmatics of family therapy supervision. Helping family therapy trainers avoid and anticipate the common mistakes involved with supervision, the skills described in this section create an atmosphere conducive to learning and maintaining a working trainer-trainee relationship, and finally, for training of supervisors. Practical guidelines for using live and video supervision are included. Section III features family therapy trainers in such diverse fields as psychiatry, psychology, family medicine,

social work, nursing, free-standing and academic family therapy programs, who describe the problems and advantages they encounter teaching these new ideas within their idiosyncratic contexts. The book closes with a section that includes reflections on the field by such innovative and respected leaders as Cloe Madanes and Jay Haley. Among topics covered are perspectives and recommendations for researchers evaluating family therapy, practical advice for incorporating a cultural perspective into training programs, feedback on the experience of live supervision from trainees' perspectives. An appendix follows that provides over 400 references organized by subject for easy reference. Given the level and scope of this extraordinary text, **FAMILY THERAPY TRAINING AND SUPERVISION** is an invaluable resource for anyone interested in teaching, learning, or simply appreciating family therapy.

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impacts your outcomes, timeline, and investment. The wrong therapy choice costs you more than money; it costs time, hope, and emotional energy you can't get back. This comprehensive guide cuts through the confusion by providing detailed, evidence-based comparisons of the three most effective therapeutic approaches: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Schema Therapy. Unlike generic therapy guides, this book offers practical decision-making tools based on your specific problems, goals, resources, and preferences. What You'll Discover: Deep-Dive Analysis of Each Approach: Learn exactly how CBT's thought-changing methods work for anxiety and depression, understand DBT's emotion regulation techniques for intense feelings and crisis management, and explore Schema Therapy's deep pattern healing for childhood wounds and relationship issues. Each approach receives detailed coverage including core principles, specific techniques, ideal applications, limitations, and real-world implementation. Head-to-Head Comparisons: See how the same presenting problems—social anxiety, depression, trauma, relationship issues—are treated differently by each approach. Detailed case studies follow individuals through multiple therapeutic journeys, revealing how different methods lead to the same destination through entirely different paths. Practical Decision Framework: Use evidence-based assessment tools to identify your primary needs and match them with the most suitable approach. Whether you want quick symptom relief, comprehensive skill building, or deep pattern change, you'll understand which therapy offers the best fit for your unique situation. Complete Cost Analysis: Get honest breakdowns of real-world costs, not just advertised session fees. Understand time commitments, insurance realities, hidden expenses, and long-term financial implications. Learn strategies for making any approach affordable through training clinics, group therapy, sliding scale options, and insurance optimization. Integration Strategies: Discover how master therapists actually work by combining approaches rather than using rigid single methods. Learn common combinations that work, sequential versus concurrent integration, and how to create your own integrated self-help practice. Finding the Right Therapist: Navigate credentials, certifications, and training levels to identify qualified practitioners. Learn what questions to ask, red flags to avoid, and how to build productive therapeutic relationships that maximize your investment. Self-Help Applications: Implement techniques from each approach in daily life, whether as therapy supplements or standalone strategies. Get practical exercises for CBT thought work, DBT emotion regulation, and Schema pattern awareness that you can use immediately. This isn't another surface-level therapy overview—it's an insider's guide written for people serious about making informed mental health decisions. Based on extensive research, clinical experience, and real-world case studies, it provides the knowledge you need to choose confidently and get the most from your therapeutic investment. Whether you're seeking your first therapy experience or looking to optimize ongoing treatment, this guide ensures you'll make decisions based on evidence rather than guesswork, ultimately leading to better outcomes and greater satisfaction with your mental health journey.

free schema therapy training: *Group Schema Therapy for Complex Trauma* Sandoval Sherri Williamson, Ann Ruben McDowelland, Transform trauma recovery through the power of group healing with this comprehensive guide to schema therapy for complex trauma survivors. This groundbreaking manual integrates cutting-edge neuroscience research with practical group therapy techniques, offering mental health professionals a structured approach to treating developmental trauma, PTSD, and attachment wounds. Discover how to create safe therapeutic environments where survivors can process traumatic memories, develop healthy relationships, and build lasting resilience. This evidence-based framework combines schema therapy principles with polyvagal theory, providing detailed session-by-session protocols for addressing dissociation, shame, and relational trauma through group intervention. Key features include: Comprehensive assessment tools and screening instruments Session materials and reproducible handouts Crisis management protocols for group settings Cultural adaptations for diverse populations Technology integration strategies for hybrid delivery Supervision models and training requirements Research evidence and outcome measurement tools Perfect for therapists, counselors, social workers, and mental health professionals seeking specialized training in group trauma treatment. This manual provides practical

guidance for establishing trauma-informed programs while maintaining therapeutic fidelity and ensuring client safety. Learn to facilitate powerful healing experiences that address the interpersonal nature of trauma through community support, corrective relationships, and evidence-based interventions that promote post-traumatic growth and lasting recovery.

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examines a different theoretical approach in each chapter from its historical and conceptual origins to its relevance to social work and clinical applications. Each chapter draws on a theoretical approach to foster understanding of normative individual human development and the etiology of dysfunctional behavior, as well as to provide guidance in the application of social work intervention. Edited by a team of scholars, *Human Behavior in the Social Environment* addresses the Council on Social Work Education's required competencies for accreditation (EPAS) and explores: Respondent Learning theory Operant Learning theory Cognitive-Behavioral theory Attachment theory Psychosocial theory Person-Centered theory Genetic theory Ecosystems theory Small Group theory Family Systems theory Organizational theory

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free schema therapy training: Handbook of Consultation-Liaison Psychiatry Hoyle Leigh, Jon Streltzer, 2014-12-08 This updated resource refines and expands on both the core concepts and the real-world practice of consultation-liaison psychiatry in medical settings. New and revised chapters provide background and basics and describe CL psychiatry approaches to managing a wide array of common conditions, including heart disease, dementia, anxiety and depressive disorders, alcohol and substance use problems, and chronic pain. Besides the fine points of practice in varied chronic and acute care settings, specific patient populations such as children, elders, ob/gyn patients, and the immunocompromised are discussed. The latest information and insights on pharmacology, interviewing, and ethical and cultural issues round out the book's highly accessible coverage. A sampling of topics in the Handbook: Basic foundations of diagnosis, psychiatric diagnosis, and final common pathway syndromes. An integrative care model of psychiatry in the primary care setting. Patient personality, personality types and traits, and disorders. The chronic patient and the palliative care setting. Trauma- and stressor-related disorders. Somatic symptoms and related disorders. The Second Edition of the *Handbook of Consultation-Liaison Psychiatry* ably follows its predecessor by presenting the diverse state of the specialty to enhance the work of psychiatrists, clinical psychologists, and primary care physicians.

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Based Training for Clinical Supervisors builds upon the current competencies schema to design a framework for training programs. The book's authors begin with a practical program curriculum, addressing the challenges of treatment and workplace satisfaction. The next sections are divided based on transversal competencies, including intellectual order, methodological order, personal and social order, and communication order. The last section of the book is dedicated to ethics in both training programs and models for psychotherapy and clinical supervision. - Presents a practical training program for supervisors that includes program curriculum, requirements, and final evaluation procedures - Reviews ICT competencies in relation to clinical supervision - Includes two chapters on ethics in training programs

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