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Integrating Combined Therapies (ICT) is a 10-session, manual-guided individual therapy. ICT has three phases designed to address substance use, psychiatric problems and their interactions. MET is the first phase (2 sessions) and is focused on assessment, feedback and securing motivation to address problems and take steps.

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Integrative counselling - Counselling Directory

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CBT & Person Centred Therapy - Towards an Integrated ...

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Integrative psychotherapy - Wikipedia

Integrative therapy is a progressive form of psychotherapy that combines different therapeutic tools and approaches to fit the needs of the individual client. With an understanding of normal human...

Integrative Therapy | Psychology Today

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