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WORKING WITH WORRY AND RUMINATION

A Metacognitive Group Treatment Programme for Repetitive
Negative Thinking

Lisa Saulsman
Rebecca Anderson
Bruce Campbell
Amanda Swan
Adelln Sng

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223 James Street, Northbridge Western Australia 6003
T: +61 8 9227 4399 | F: +61 8 9328 5911
E: info.cci@health.wa.gov.au | www.cci.health.wa.gov.au

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