

be well therapy group

be well therapy group represents a specialized mental health service provider committed to enhancing emotional well-being and psychological resilience. This therapy group offers a wide range of counseling and therapeutic services tailored to meet diverse client needs. With a focus on evidence-based practices and compassionate care, Be Well Therapy Group aims to support individuals, families, and communities in overcoming mental health challenges. This article explores the core aspects of Be Well Therapy Group, including its services, therapeutic approaches, benefits, and what clients can expect when engaging with their professionals. Additionally, it highlights the importance of personalized therapy plans and the role of such groups in promoting mental wellness. The following sections provide an in-depth understanding of Be Well Therapy Group's mission, methodologies, and client support systems.

- Overview of Be Well Therapy Group
- Therapeutic Services Offered
- Approaches and Techniques Used
- Benefits of Engaging with Be Well Therapy Group
- Client Experience and Expectations
- How to Get Started with Be Well Therapy Group

Overview of Be Well Therapy Group

Be Well Therapy Group is a professional mental health organization dedicated to providing comprehensive therapy services aimed at improving psychological health. The group is staffed with licensed therapists and counselors who specialize in various fields such as individual therapy, couples counseling, family therapy, and group sessions. Their mission centers on fostering a supportive environment where clients feel safe and empowered to address their mental health concerns. With an emphasis on holistic wellness, Be Well Therapy Group integrates mental, emotional, and behavioral health strategies to promote overall well-being.

Mission and Vision

The mission of Be Well Therapy Group is to deliver accessible, effective, and personalized therapeutic care that helps clients achieve mental clarity and emotional balance. The vision extends to creating a community where mental health stigma is diminished, and individuals seek help proactively without hesitation. This therapy group aims to be a leader in innovative mental health solutions, ensuring that every client receives tailored treatment plans that address unique challenges.

Professional Team

The Be Well Therapy Group team comprises licensed psychologists, clinical social workers, marriage and family therapists, and psychiatric professionals. Each member brings specialized expertise to address a broad spectrum of mental health issues, including anxiety, depression, trauma, relationship difficulties, and stress management. The multidisciplinary approach ensures clients benefit from comprehensive assessments and interventions.

Therapeutic Services Offered

Be Well Therapy Group provides a diverse range of mental health services designed to meet the needs of individuals, couples, and families. Their offerings encompass various therapy modalities that are research-supported and client-centered. Services are adaptable to different age groups and cultural backgrounds, ensuring inclusivity and relevance.

Individual Therapy

Individual therapy sessions focus on addressing personal mental health concerns through one-on-one interactions with a therapist. This service helps clients explore emotional difficulties, develop coping mechanisms, and work towards personal growth. Techniques used may include cognitive-behavioral therapy (CBT), psychodynamic therapy, and mindfulness-based approaches.

Couples and Family Therapy

Couples and family therapy at Be Well Therapy Group is designed to improve communication, resolve conflicts, and strengthen relationships. Licensed therapists facilitate sessions that help families and couples understand dynamics, develop empathy, and create healthier interaction patterns. This service is vital for addressing issues such as marital discord, parenting challenges, and generational trauma.

Group Therapy

Group therapy sessions bring together individuals facing similar issues to share experiences and receive peer support under professional guidance. This modality is effective for building social connections and learning from collective wisdom. Be Well Therapy Group offers specialized groups focusing on topics such as grief, addiction recovery, and stress management.

Approaches and Techniques Used

The therapeutic approaches employed by Be Well Therapy Group are grounded in scientific research and tailored to client needs. The group prioritizes evidence-based techniques that promote lasting change and emotional healing. Therapists continuously update their skills to incorporate the latest advancements in mental health treatment.

Cognitive-Behavioral Therapy (CBT)

CBT is a cornerstone approach at Be Well Therapy Group, focusing on identifying and modifying negative thought patterns that contribute to emotional distress. This technique helps clients develop practical strategies for managing anxiety, depression, and other mood disorders.

Mindfulness and Stress Reduction

Mindfulness-based interventions are integrated to enhance clients' awareness of the present moment, reduce stress, and improve emotional regulation. These practices complement traditional therapy by promoting resilience and self-compassion.

Trauma-Informed Care

Recognizing the profound impact of trauma, Be Well Therapy Group utilizes trauma-informed care principles to ensure a sensitive and supportive therapeutic environment. This approach emphasizes safety, trustworthiness, and empowerment for clients who have experienced trauma.

Benefits of Engaging with Be Well Therapy Group

Choosing Be Well Therapy Group for mental health support offers numerous advantages that contribute to effective treatment and improved quality of life. The group's client-centered philosophy and multidisciplinary expertise foster positive therapeutic outcomes.

Personalized Treatment Plans

Every client receives a customized therapy plan based on a thorough assessment of their mental health status, goals, and preferences. This individualized approach maximizes the effectiveness of interventions and supports sustainable progress.

Holistic Mental Health Support

Be Well Therapy Group addresses mental health from multiple dimensions, including emotional, cognitive, and behavioral aspects. This holistic care model enhances overall wellness beyond symptom relief.

Accessibility and Flexibility

The group offers flexible scheduling options, including in-person and teletherapy sessions, to accommodate clients' lifestyles. This accessibility ensures that mental health services are available to a broad population.

Supportive Environment

Clients benefit from a non-judgmental, confidential, and empathetic setting where they can openly explore their challenges. The therapeutic alliance fostered at Be Well Therapy Group is critical to building trust and facilitating healing.

Client Experience and Expectations

Understanding what to expect during therapy with Be Well Therapy Group helps clients prepare for a successful treatment journey. The group prioritizes transparent communication and collaborative goal-setting throughout the therapeutic process.

Initial Assessment

The therapy process begins with a comprehensive intake evaluation to identify client needs, history, and objectives. This assessment guides the selection of appropriate therapeutic methods and frequency of sessions.

Ongoing Therapy Sessions

Clients engage in regular sessions tailored to their treatment plans. Therapists employ various techniques and continuously monitor progress to adjust interventions as needed.

Confidentiality and Ethics

Be Well Therapy Group adheres to strict confidentiality standards and ethical guidelines to protect client privacy. This professional integrity is foundational to fostering a safe therapeutic space.

How to Get Started with Be Well Therapy Group

Initiating therapy with Be Well Therapy Group involves several straightforward steps designed to facilitate easy access to mental health support. The group offers guidance and assistance throughout the onboarding process.

Contact and Consultation

Prospective clients can reach out to inquire about services, availability, and insurance options. An initial consultation helps determine the best course of action and therapist match.

Scheduling and Intake Process

Once a client decides to proceed, scheduling an intake appointment is the next step. During intake, detailed information is gathered to create an effective treatment plan.

Starting Therapy

Following intake, clients begin regular therapy sessions with their assigned therapist. Ongoing communication and feedback ensure the therapy remains aligned with client needs and goals.

- Comprehensive mental health services tailored to individual needs
- Licensed and experienced therapy professionals
- Evidence-based therapeutic approaches
- Flexible scheduling and accessible care options
- Supportive and confidential therapeutic environment

Frequently Asked Questions

What services does Be Well Therapy Group offer?

Be Well Therapy Group offers a variety of mental health services including individual therapy, couples therapy, family counseling, and group therapy sessions for various mental health concerns.

Where is Be Well Therapy Group located?

Be Well Therapy Group has multiple locations across different states; you can find the nearest office by visiting their official website or contacting their customer service.

What types of therapy are available at Be Well Therapy Group?

Be Well Therapy Group provides services such as cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), trauma-informed therapy, mindfulness-based therapy, and more.

How can I schedule an appointment with Be Well Therapy Group?

You can schedule an appointment by visiting their website and using the online booking system, or by calling their office directly to speak with a representative.

Does Be Well Therapy Group accept insurance?

Yes, Be Well Therapy Group accepts various insurance plans. It is recommended to check with your insurance provider and the clinic to confirm coverage before your appointment.

Are virtual therapy sessions available at Be Well Therapy Group?

Yes, Be Well Therapy Group offers teletherapy or virtual sessions to accommodate clients who prefer remote counseling.

What qualifications do therapists at Be Well Therapy Group have?

Therapists at Be Well Therapy Group are licensed mental health professionals, including psychologists, licensed clinical social workers, licensed professional counselors, and marriage and family therapists.

Is Be Well Therapy Group suitable for children and adolescents?

Yes, Be Well Therapy Group provides specialized therapy services tailored for children and adolescents to address developmental and emotional needs.

How does Be Well Therapy Group ensure client confidentiality?

Be Well Therapy Group follows strict HIPAA guidelines and ethical standards to ensure that all client information remains confidential and secure.

What should I expect during my first visit to Be Well Therapy Group?

During your first visit, a therapist will conduct an intake assessment to understand your background, mental health concerns, and goals for therapy, and then collaboratively develop a treatment plan.

Additional Resources

1. Healing Together: The Power of Group Therapy

This book explores the transformative power of group therapy in promoting mental health and well-being. It provides insights into how shared experiences and mutual support can foster healing and personal growth. With practical guidance for both therapists and participants, it highlights effective group dynamics and therapeutic techniques.

2. The Art of Being Well: Group Therapy for Emotional Resilience

Focusing on emotional resilience, this book delves into the benefits of group therapy for managing

stress, anxiety, and depression. It offers strategies for creating a supportive environment where individuals can build coping skills and enhance their emotional well-being. Case studies illustrate successful group interventions.

3. Connected Minds: Building Community Through Group Therapy

This title emphasizes the importance of connection and community in the healing process. It discusses how group therapy fosters empathy, understanding, and belonging among participants. Readers will find tools to cultivate trust and open communication within therapy groups.

4. Steps to Wellness: A Guide to Group Therapy Techniques

A practical manual for therapists and facilitators, this book outlines various group therapy techniques aimed at promoting wellness. It includes exercises, session plans, and tips for managing group dynamics effectively. The focus is on creating a safe and inclusive space for all members.

5. Mindful Healing: Integrating Mindfulness in Group Therapy

This book combines mindfulness practices with group therapy to enhance mental and emotional health. It provides instructions on incorporating meditation, breathing exercises, and mindful awareness into group sessions. The approach helps participants develop greater self-awareness and stress reduction skills.

6. Breaking Barriers: Overcoming Stigma in Group Therapy

Addressing the stigma often associated with mental health treatment, this book encourages openness and acceptance within therapy groups. It highlights strategies to create non-judgmental environments where individuals feel safe to share and grow. The book also discusses cultural sensitivity and inclusivity.

7. Empathy in Action: Facilitating Effective Therapy Groups

This resource focuses on the role of empathy in successful group therapy facilitation. It offers techniques for building rapport, managing conflicts, and encouraging active listening among members. Therapists will find valuable advice to enhance group cohesion and therapeutic outcomes.

8. Resilience in Numbers: Strengthening Mental Health Through Group Support

Exploring how collective strength can aid recovery, this book presents evidence-based approaches to group therapy. It emphasizes the role of peer support in building resilience and maintaining mental wellness. Practical examples demonstrate how groups can empower individuals facing various challenges.

9. The Journey Within: Personal Growth Through Group Therapy

This inspiring book chronicles personal stories of transformation achieved through participation in therapy groups. It highlights the journey toward self-discovery, acceptance, and healing that group settings can facilitate. Readers gain motivation and insight into the potential of collective therapeutic experiences.

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be well therapy group: *Communication and Mental Illness* Jenny France, Sarah Kramer, 2001-01-15 This book is for improving understanding of individuals with mental illness. It offers theoretical knowledge of the methods of communication commonly adopted by individuals with a variety of diagnoses of mental illness and how information about communication can influence service provision, ending with suggestions for future policy and practice.

be well therapy group: *Massachusetts General Hospital Comprehensive Clinical Psychiatry - E-BOOK* Theodore A. Stern, Timothy E. Wilens, Maurizio Fava, 2024-03-06 The Massachusetts General Hospital is widely regarded as one of the world's premier psychiatric institutions. Massachusetts General Hospital Comprehensive Clinical Psychiatry, 3rd Edition, offers practical, informative, and hands-on advice from the staff of the esteemed MGH Department of Psychiatry, helping you put today's best practices to work for your patients. This authoritative reference covers a wide variety of clinical syndromes and settings, aided by superb graphics throughout. In one convenient volume, you'll have easy access to the answers you need to face and overcome any clinical challenge. - Uses a reader-friendly and highly templated format with abundant boxed summaries, bulleted points, case histories, algorithms, references, and suggested readings. - Contains new chapters on the Psychiatric Management of Patients with Cardiac, Renal, Pulmonary, and Gastrointestinal Disease; COVID-19 Infection; Burns, Trauma, and Intensive Care Unit Treatment; Care of LGBTQ Patients; and Mindfulness and Resilience. - Covers key areas, such as Substance Use Disorders; Mood, Anxiety, and Psychotic Disorders; Emergency Psychiatry; Functional Neuroanatomy and the Neurologic Examination; Psychological and Neuropsychological Assessment; Military Psychiatry; Psychiatric Manifestations of Traumatic Brain Injury; Legal and Ethical Issues in Psychiatry; End of Life Care; and Approaches to Collaborative Care and Primary Care Psychiatry. - Features key points for every chapter, updated DSM-5 criteria, and enhanced content on collaborative care and behavioral medicine, ensuring that your knowledge is thorough and up to date. - Corresponds to the companion review volume, Massachusetts General Hospital Study Guide for Psychiatry Exams, 2nd Edition (ISBN: 978-0-443-11983-5). - Any additional digital ancillary content may publish up to 6 weeks following the publication date.

be well therapy group: *Self-Understanding and Other-Understanding in Personality Pathology* Majse Lind, Espen Jan Folmo, Erin Kaufman, 2024-02-02

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pathogenesis, management and complications of diabetes and public health issues worldwide. It incorporates a vast amount of new data regarding the scientific understanding and clinical management of this disease, with each new edition always reflecting the substantial advances in the field. Whereas other diabetes textbooks are primarily clinical with less focus on the basic science behind diabetes, ITDM's primary philosophy has always been to comprehensively cover the basic science of metabolism, linking this closely to the pathophysiology and clinical aspects of the disease. Edited by four world-famous diabetes specialists, the book is divided into 13 sections, each section edited by a section editor of major international prominence. As well as covering all aspects of diabetes, from epidemiology and pathophysiology to the management of the condition and the complications that arise, this fourth edition also includes two new sections on NAFLD, NASH and non-traditional associations with diabetes, and clinical trial evidence in diabetes. This fourth edition of an internationally recognised textbook will once again provide all those involved in diabetes research and development, as well as diabetes specialists with the most comprehensive scientific reference book on diabetes available.

be well therapy group: *Stuttering* Ehud Yairi, Carol H. Seery, 2021-12-02 Stuttering: Foundations and Clinical Applications, Third Edition presents a comprehensive overview of the science and treatment of stuttering in a single text. The book offers a unique level of coverage of the stuttering population, the disorder's features, and the therapies offered for different ages. Written for both undergraduate and graduate level audiences, the authors guide students to critically appraise different viewpoints about the nature of stuttering, understand the disorder's complexities, and learn about the major clinical approaches and therapies appropriate for different age groups. This evidence-based textbook is divided into three distinct sections. Part I, Nature of Stuttering, offers descriptive information about stuttering, including its demographics and developmental pathways. Part II explores the various explanations of stuttering, giving students an understanding of why people stutter. Part III focuses on clinical management, delving into the assessment of both adults and children, as well as various age-appropriate intervention approaches. In the final chapter, the authors explore other fluency disorders, as well as cultural and bilingual issues. New to the Third Edition: * Significantly updated scientific information and references * Content has been edited, shortened, and simplified to be more concise and reader-friendly * Video samples of stuttering clients: several in different languages Key Features: * Each chapter begins with a list of learner objectives to frame the chapter before new material is presented * Boxes throughout the text and bolded words were used to highlight important points * End-of-chapter summaries and study questions allow readers to review and test their understanding * Infused with suggested further readings and websites * Included visuals, tables, diagrams, photos, and drawings help clarify and expand on key concepts * Numerous case studies and testimonies from parents in the text with additional cases on the book's companion website * Bolded key terms throughout with a comprehensive glossary to improve retention of the material Disclaimer: Please note that ancillary content (such as reproducible forms and additional case studies) may not be included as published in the original print version of this book.

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mission is not often achieved, and adverse events may well prevent the use of higher dosages of the single agent in question. Therefore, the next step was to combine two or more DMARDs. The choice of combining DMARDs can be purely practical and based upon the anti-rheumatics most used in daily practice, for instance methotrexate and sulphasalazine. The choice of combining drugs can be influenced by different toxicity patterns to avoid cumulative toxicity.

be well therapy group: Prostate Cancer Reinhardt Hofmann, Axel Heidenreich, 2003 Prostate cancer is not only the most common genitourinary tumor but, according to the tumor registry of Munich, the male tumor with the highest incidence. The wide range of information concerning this important disease has been dealt with comprehensively. In a time when interested urologists can surf in the internet to find an article they are looking for, they usually get lost because of the flood of papers covering the same subject. Furthermore, they are still alone in deciding which scientific contribution to believe and which will serve their patients best. A well-edited book such as this, however, provides quick access to all pertinent questions. These renowned authors have taken on the responsibility of writing a balanced report and producing a sort of a guideline, i. e. , a diagnostic or therapeutic standard. The editors are to be congratulated on mastering such a formidable task, bringing together the leading names in prostate cancer to present their views on all the questions one might have about this disease. I trust that this book will serve urologists in practice and their patients well. J. E. Altwein München Contents Pathology and Molecular Biology of Prostate Cancer 1 Morphogenetic Aspects of Prostate Cancer H. Bonkhoff 3 2 Cytogenetics of Prostate Cancer L. Bubendorf 13 3 Molecular Dissection of the Prostate Cancer Genome V. Srikantan, S. Srivastava 25 Diagnosis and Clinical Significance of Prostatic 4 Intraepithelial Neoplasia V. Ravary, L. Boccon-Gibod

be well therapy group: Fieldwork Educator's Guide to Level I Fieldwork Debra Hanson, Elizabeth DeJuliis, 2024-06-01 A new resource for occupational therapy academic fieldwork coordinators and fieldwork educators, Fieldwork Educator's Guide to Level I Fieldwork is a practical guide for faculty and clinicians to design and implement Level I fieldwork experiences for occupational therapy and occupational therapy assistant students. Fieldwork Educator's Guide to Level I Fieldwork was designed to address the challenges of integrating Level I fieldwork with classroom learning experiences. Expansive and versatile, the book meets the recently expanded definition of Level I fieldwork according to the 2018 Accreditation Council for Occupational Therapy Education standards, including faculty-led experiences, standardized patients, simulation, and supervision by a fieldwork educator in a practice environment. Each unit of the text builds upon the previous unit. The first unit provides fundamental knowledge on experiential learning and includes an orientation to the purpose of Level I fieldwork in occupational therapy. Building on this foundation, the second unit equips the reader with resources to develop a Level I fieldwork learning plan suitable for their setting. The final units focus on situational scenarios that emerge during Level I fieldwork placements and provides a framework for assessing student learning during Level I fieldwork. While each chapter is designed to build upon one another, they also can be used as stand-alone resources depending on the needs of the reader. What is included in Fieldwork Educator's Guide to Level I Fieldwork: Up-to-date terminology Experiential learning frameworks and models in diverse contexts, including role emerging and simulation Strategies for addressing anxiety and student stress management and supporting students with disabilities Models to support clinical reasoning development during Level I fieldwork Mechanisms to foster student professional development and communication skills Be sure to also look into the successive textbook, Fieldwork Educator's Guide to Level II Fieldwork, which was designed in-tandem with this book to be a progressive resource that exclusively focuses on Level II fieldwork.

be well therapy group: Medical Psychotherapy Jessica Yakeley, James Johnston, Gwen Adshead, Laura Allison, 2016 'Medical Psychotherapy' draws together succinct descriptions of the major models of psychotherapy, written by specialists who offer an accessible, theoretical and evidence based depiction of each therapy and its clinical role for patients. It will appeal to specialist

trainees in psychiatry and consultants working in psychotherapy, along with psychologists and allied health professionals.

be well therapy group: Psychopharmacology Bulletin , 1966

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be well therapy group: DBT-Informed Art Therapy in Practice Susan M. Clark, 2021-06-21

Responding to growing interest in DBT-informed art therapy, this edited guide focuses specifically on how these interventions can treat a variety of client groups. Combining the structure and skill development of DBT with the creativity and non-verbal communication of art therapy can be a significant advantage in treating patients who are resistant to talking therapy. This book includes international contributors who cover work with a wide variety of populations, such as those with suicidal behaviours, eating disorders, and personality disorders. Divided in two parts, Part I focuses purely on DBT-informed art therapy, whilst Part II brings in multi-modal DBT-informed approaches, such as poetry and movement, but all with visual art as a component.

be well therapy group: American Journal of Psychotherapy , 1947

be well therapy group: Radiation Oncology E-Book James D. Cox, Kie Kian Ang, 2009-10-29

Radiation Oncology: Rationale, Technique, Results, by James D. Cox, MD and K. Kian Ang, MD, PhD, provides you with authoritative guidance on the latest methods for using radiotherapy to treat patients with cancer. Progressing from fundamental principles through specific treatment strategies for the cancers of each organ system, it also addresses the effects of radiation on normal structures and the avoidance of complications. This 9th edition covers the most recent indications and techniques in the field, including new developments in proton therapy and intensity-modulated radiotherapy (IMRT). It also features, for the first time, full-color images throughout the text to match those that you see in practice, and uses new color-coded treatment plans to make targets, structures, and doses easier to read at a glance. Evidence from randomized clinical trials is included whenever possible to validate clinical recommendations. The state-of-the-art coverage inside this trusted resource equips you to target cancer as effectively as possible while minimizing harm to healthy tissue. Stands apart as the only book in the field to cover the conceptual framework for the use of radiotherapy by describing the most effective techniques for treatment planning and delivery and presenting the results of each type of therapy. Emphasizes clinical uses of radiation therapy, providing pertinent, easy-to-understand information on state-of-the-art treatments. Includes information useful for non-radiotherapists, making it recommended reading for other oncology specialists. Offers a practical, uniform chapter structure to expedite reference. Guides you through the use of the newest radiation oncology techniques, including principles of proton therapy and new developments in intensity-modulated radiotherapy (IMRT). Incorporates evidence from randomized clinical trials whenever possible to validate clinical recommendations. Presents full-color images throughout to match the images that you see in practice. Extensive use of combination imaging presents a complete picture of how to more precisely locate and target the radiotherapy field.

be well therapy group: The Kidney Today G. M. Berlyne, 1992-09-30

be well therapy group: Arts Therapies in Psychiatric Rehabilitation Umberto Volpe, 2021-07-28 This book explores possible approaches to and uses of art therapy in mental health settings. Reflecting the latest scientific evidence, it represents a major step toward the harmonization of practices in the field, filling the gap between the theory and practice of art therapy. The book is divided into four major sections, corresponding to the main artistic domains: visual art therapy, music therapy, dance movement therapy, and drama therapy. Gathering the research and insights of leading professionals from around the globe, the book offers a diverse and balanced mix of perspectives. Accordingly, it will appeal to a broad readership including psychiatrists, psychologists, social workers, occupational therapists, psychiatric rehabilitation technicians, nurses, educators, art therapists, and students.

be well therapy group: Sartre Today Adrian van den Hoven, Andrew Leak, 2005-12-01 Sartre Today is a tribute to Jean-Paul Sartre on the centenary of his birth (1905-2005). With twenty-two contributions from leading Sartre scholars in North America and the United Kingdom, this volume

will greatly enhance Sartre scholarship in the English-speaking world. The diversity of these chapters reflects the depth and breadth of Sartre's wide-ranging engagement with the political and cultural issues of his time. Yet as these contributions demonstrate, it is clear that Sartre's work still offers an important framework through which to address contemporary issues of a similar magnitude. This applies to Sartre's enduring contribution to philosophy and his conception of violence and terror, as well as analyses of the latest political events in the United States. Other contributions address Sartre's relationship to the contemporary understanding of neuroscience and group therapy as well as his conception of literature, biography, the theater and cinema. This rich volume will be of great use not only to all Sartre scholars but also to anyone who has an interest in modern philosophy, politics, psychology, and literature. Contributors: Thomas R. Flynn, Joseph S. Catalano, Reidar Due, Steve Martinot, Ronald E. Santoni, David Detmer, John Duncan, Hazel E. Barnes, Betty Cannon, Constance L. Mui, Peter Caws, Ann Jefferson, Dennis A. Gilbert, Colin Davis, John Gillespie, Ian Birchall, Betsy Bowman and Bob Stone, Azzedine Haddour, Ronald Aronson, William L. McBride

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