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## Promoting and validating learning in the context of psychotherapy

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## Therapy programme

- People with burnout problems, depression or anxiety
- 6 weeks, 2 days per week
- Half a year of three meetings, monitoring and feedback

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## Content

- Psychotherapy
- Lifestyle
- Relations
- Sports
- Mindfulness

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## The follow up process

- Assignments through Internet
- Assignments through e-Health platform
- Three meetings

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