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Understanding PTSD

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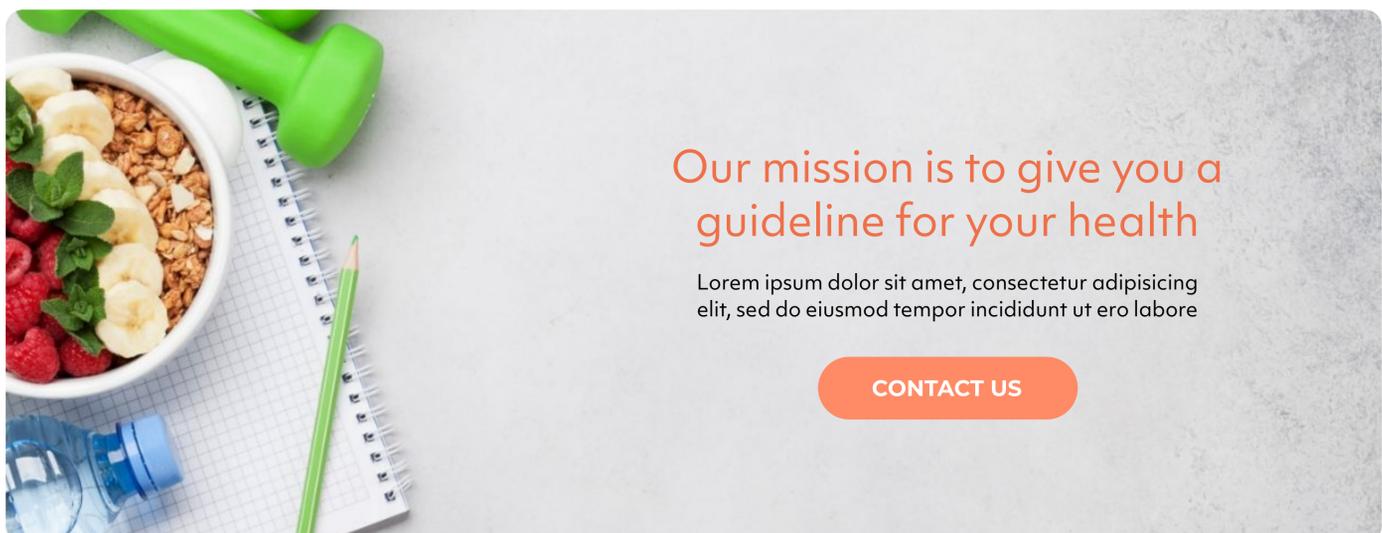
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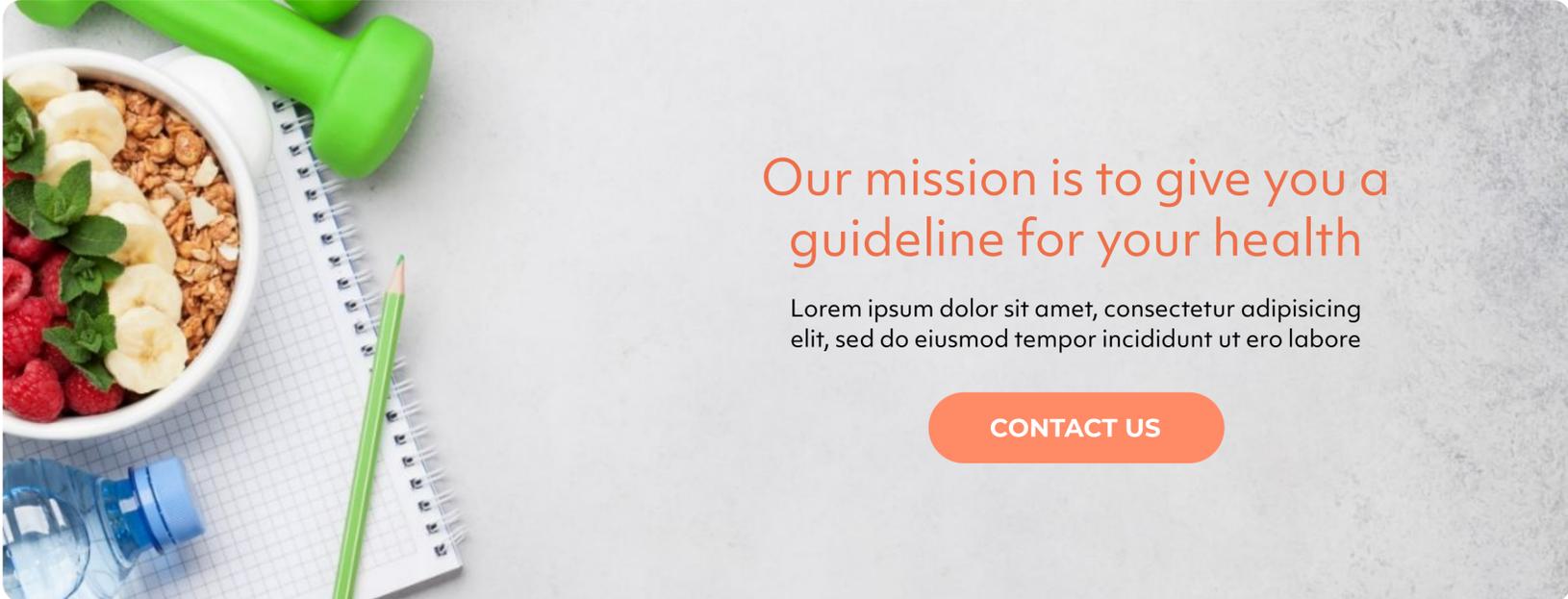
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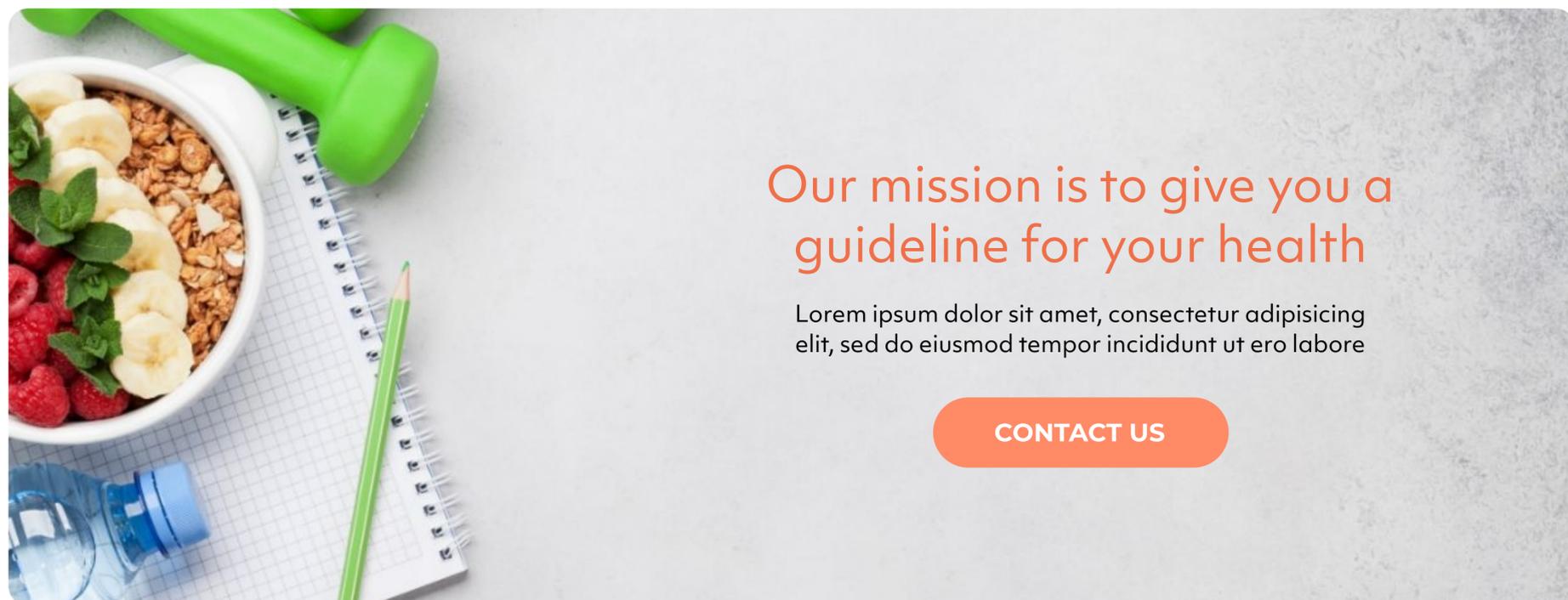
Implementation of the training plan

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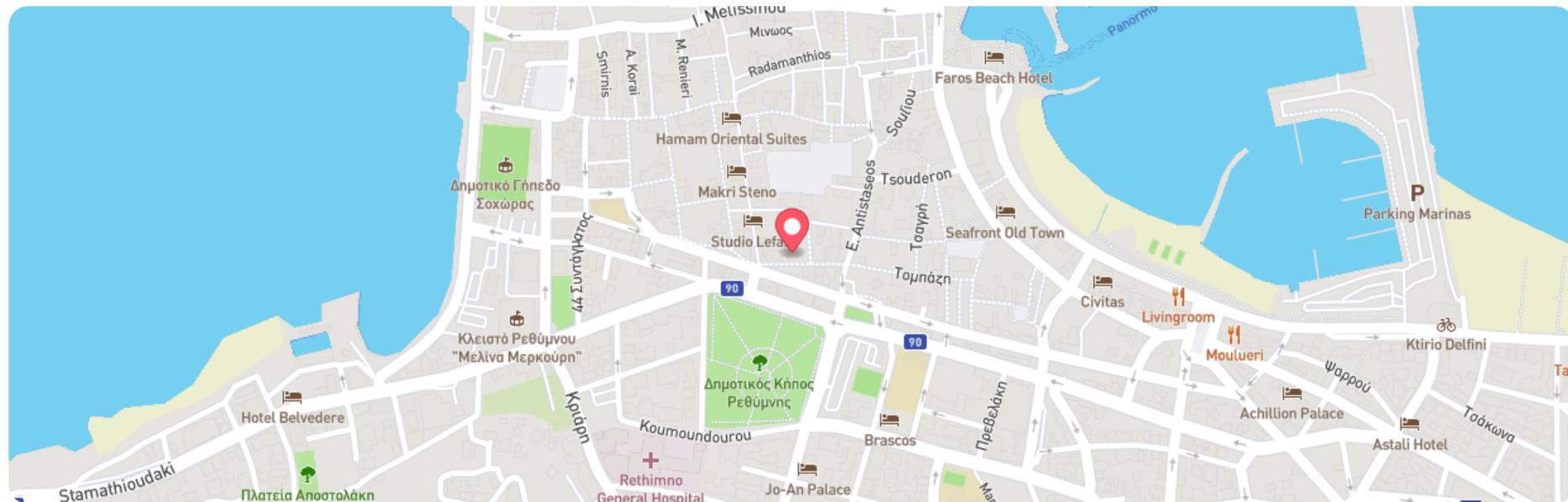
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