

# Self Care Ideas



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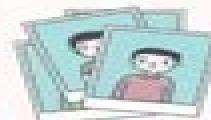
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DO A FACE  
MASK



JOURNAL



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NAP



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# Self Care Routine Reviews Tips

**Carolyn S. Brown**

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*Oxford Guide to Brief and Low Intensity Interventions for Children and Young People* Sophie Bennett, Pamela Myles-Hooton, Jessica Schleider, Roz Shafran, 2022-06-23 Many children with mental health problems do not receive support and there are often extensive waiting lists for Children and Young People's Mental Health Services which are increasingly overstretched. Unfortunately, a large proportion of children with mental health disorders do not access evidence based treatment. Low intensity psychological interventions are now recommended by a number of national guidelines and in the UK are being implemented by a new workforce of Child Wellbeing Practitioners CWP. The Oxford Guide to Brief and Low Intensity Interventions for Children and Young People provides a comprehensive resource for therapists, services and training providers regarding the use, delivery and implementation of brief and low intensity psychological interventions within a child and adolescent context. It includes concise, focused chapters from leading experts in the field combining the most up to date research with practical considerations regarding the delivery of low intensity interventions. The first of its kind, this book will be an indispensable resource for practitioners, services and training courses internationally.

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