

2019

Guide of group psychotherapy

Based on Acceptance and Commitment Therapy (ACT)

Dr. Peyman Dousti

Golnaz Ghodrati

Dr. Mohammad Esmaeil Ebrahimi

**Panic Attack
Disorder**

Children and Teenagers
(Relationship with parents, Anxiety and...)

**Generalized Anxiety
Disorder**

OCD in teens

Irrational beliefs
(Looking for approval from others, excessive
expectations and perfectionism)

Chronic pain

Depression

Anger and aggression

emotional self-disclosure

Insomnia

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Contact us:

peyman@dousti.net
peyman.dousti@gmail.com
+989121982901

Gl.ghodrati@gmail.com
+989101765746

Mse58_2007@yahoo.com
+989127849470