



The "wow" factor : the new ways clinicians can use awe and gratitude in therapy /

Paquette, Jonah,
on-screen presenter

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This video, led by positive psychologist and author Jonah Paquette, will explore how the principles of awe and gratitude can combine to offer us a powerful approach to healing, even amidst challenging times

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Título: The "wow" factor : the new ways clinicians can use awe and gratitude in therapy PESI ; Jonah Paquette, Psy.D.

Editorial: Eau Claire, WI PESI Inc. 2020

Descripción física: 1 online resource (61 minutes)

Duración: 010025

Nota general: Title from title screen (viewed August 17, 2021)

Intérpretes: Presenter: Jonah Paquette ; host: Kate Sample

Lengua: In English

Materia: Awe Gratitude Positive psychology Happiness Psychotherapy

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Entidades: Professional Education Systems production company

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