

Effectiveness of Mindfulness-Based Cognitive Therapy (MBCT) in Reducing Aggression of Individuals at the Juvenile Correction and Rehabilitation Center

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International journal of high risk behaviors and addiction

2013; 2(3):126-131

ARTICLE IDENTIFIERS

DOI: 10.5812/ijhrba.14818

PMID: 24971290

PMCID: PMC4070155

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 2251-8711

eISSN: 2251-872X

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

This article was identified from a query of the SafetyLit database.