

Couple and Family Therapy Fellowship

Name of Institution: **Jewish General Hospital**

Academic affiliation McGill Department of Psychiatry

Location: 4333 Chemin de la Côte Ste. Catherine

Number of positions: **1**

Type of Fellowship: **Clinical/Research**

Fellowship Director: **Dr. Paola Habib**

Length of Fellowship: **One year**

The fellow will spend full time at the JGH divided equally between the Couple and Family Therapy Section and Child Psychiatry

Mission Statement: The objective of this fellowship is to provide specialized training in couple and family therapy for psychiatric fellows. Empirical evidence suggests that family-based interventions demonstrate superior effects in comparison to alternative treatment for many disorders including relational problems in children, adolescents and adults. The fellow will gain expertise in the application of evidence-based methods of couple and family therapy and will participate in ongoing clinical research projects. The fellow will be trained to conduct clinical research in the area of couple and family therapy and multi-modal family intervention for children. He/she will acquire skills in the critical evaluation of the literature, research design, data analysis and preparation of presentations and manuscripts.

Couple and Family Therapy Section

The Jewish General, Department of Psychiatry has a long tradition in family therapy training, research and clinical excellence dating back to 1960. This section provides unique opportunities for professional development for psychology and social work interns, who are interested in completing a specialization in couple and family therapy and psychiatry residents who select an elective in family therapy. Residents treat couples and families under supervision. Fellows will be introduced to an array of couple and family assessment and treatment methods grounded in evidence-based practice.

Child Psychiatry

The Child Psychiatry Service, founded in 1966, provides second line and tertiary care specialized treatment services to an ethnically diverse population of children and their families. It provides the largest and most comprehensive Childhood Disorders Day Hospital and the only Evening Hospital Programs in the McGill Réseau Universitaire Intégré de Santé (R.U.I.S.). They offer multi-modal family focused treatment for high risk children aged 3 – 12 years, who suffer from complex severe disruptive behaviour disorders. In addition an Outpatient service provides consultation and treatment for children aged 2 – 15 years.

The Child Psychiatry Services offer comprehensive evaluation and treatment for a broad range of complex problems. The assessment process includes family functioning, child neuropsychiatric evaluation, parental capacity and skills, as well as systemic collaborations with schools, social service agencies and others. Children are seen with their families as an essential part of the treatment protocol.

Research Activity: Couple and Family Service:

Research in the field of family therapy outcome has grown enormously since the mid-1970s. Meta-analytic studies have concluded that family therapy often demonstrates superior effects in comparison to alternative treatments. Clinical research is now moving in the direction of integrated evidence-based practice models with an accent on the importance of the therapeutic alliance as a predictor of psychotherapeutic outcome across theoretical models.

The Couple and Family Section research projects

1. Family Legacy Project: Couple and Family Therapy Service : A focus on “Evidenced-Based Couple and Family Therapy”
2. War-Affected Children and Their Families: A review of Psycho-Social Services
3. Couple Attunement and its Impact on Parent Perceptions in Families with Maternal Depression
4. An Exploration of Attachment Security and Therapeutic Alliance in Couple and Family Therapy

Child Psychiatry research project:

1. The Relationship between Alliance, Attachment, Family-Oriented Treatment and Child and Family Outcomes in a Population of Children with Co-Morbid Psychiatric Disorders: A Pilot Study

Names of the Fellowship Supervisors:

Clinical Supervisors:

Couple and Family Therapy Section:

Paola Habib, M.D., FRCPC, ABPN, Assistant Professor, Department of Psychiatry, McGill University Faculty of Medicine, Co-director of the Childhood Disorders Day Hospital, Jewish General Hospital, Consultant: Cultural Consultation Service, Jewish General Hospital

Jaswant Guzder, M.D., Associate Professor, Department of Psychiatry, McGill University, Chair of Child Psychiatry and Director of Childhood Disorders Day Hospital, Jewish General Hospital. Senior consultant: Cultural Consultation Service, Jewish General Hospital.

Sharon Bond, Ph.D. Associate Professor, Department of Psychiatry and School of Social Work, Associate Member, Department of Psychiatry, McGill University, Director of Family Therapy, Department of Psychiatry, Jewish General Hospital; Director Postgraduate Certificate Program in Couple and Family Therapy (CFTP)

(Accredited by the American Association for Marriage and Family Therapy).

Guylaine Seguin, Ph.D., Psychologist, Assistant Professor, McGill University; Faculty Lecturer and clinical supervisor, M.Sc.(Applied) Couple and Family Therapy, School of Social Work, McGill University; clinical supervisor of doctoral internships, Department of Psychology, Jewish General Hospital, AAMFT (American Association for Marriage and Family Therapy) accredited supervisor

Child Psychiatry:

Paola Habib, M.D., FRCPC, ABPN, Assistant Professor, Department of Psychiatry, McGill University Faculty of Medicine, Co-director of the Childhood Disorders Day Hospital, Jewish General Hospital, Consultant: Cultural Consultation Service, Jewish General Hospital.

Jaswant Guzder, M.D., Associate Professor, Department of Psychiatry, McGill University, Chair of Child Psychiatry and Director of Childhood Disorders Day Hospital, Jewish General Hospital. Senior consultant: Cultural Consultation Service, Jewish General Hospital.

Ashley Wazana, M.D., Assistant Professor at McGill University, is a clinician-scientist with a clinical appointment at the Jewish General Hospital (JGH) and research cross appointments at the JGH and the Douglas Institute in Montreal.

Linda Greenberg, M.A. Staff psychologist in Child Psychiatry OPD.

Research Supervisor:

Marjorie Rabiau, Ph.D., Assistant Professor, M.Sc.(Applied) Couple and Family Therapy, School of Social Work, McGill University

Phyllis Zelkowitz, Ph.D., Associate Professor, Department of Psychiatry, McGill University, Director of Research, Department of Psychiatry, Jewish General Hospital

Other Teaching Faculty:

Michael Bond, M.D. Professor, Department of Psychiatry at McGill University and Chief of Psychiatry, Jewish General Hospital

Barbara Hayton, M.D., Assistant Professor, Departments of Psychiatry and Family Medicine, McGill University, Director, Women's Perinatal Mental Health Service, Supervisor, Couple and Family Therapy Service

Guylaine Seguin, Ph.D., Psychologist, Assistant Professor, McGill University; Faculty Lecturer and clinical supervisor, M.Sc.(Applied) Couple and Family Therapy, School of Social Work, McGill University; clinical supervisor of doctoral internships, Department of Psychology, Jewish General Hospital, AAMFT (American Association for Marriage and Family Therapy) accredited supervisor

Rita Schulman, M.Ed., Psychotherapist and family therapist, Youth Service, Department of Psychiatry, Jewish General Hospital.

Judy Vogel, M.D., Assistant Professor, Department of Psychiatry at McGill University and Director of Child Psychiatry, Out-patient Department, Jewish General Hospital

- **Roles:** Dr.Habib will serve as fellowship director in collaboration with Dr. Sharon Bond. They will supervise the clinical activities of the fellow and coordinate the fellowship. Dr. Habib will oversee the Child Psychiatry component of the fellowship. Dr. Ashley Wazana, and Linda Greenberg will provide clinical supervision for the child psychiatry component of the fellowship. Dr. Rabiau and other members of the research team (Drs. Bond) will supervise research activities of the fellow. **Summary of Clinical Practice:** Drs.Habib, Bond have extensive clinical and supervisor experience with couples and families. Linda Greenberg and Ashley Wazana's long standing work with families makes them well equipped to supervise this fellowship. Dr. Jaswant Guzder will serve in a consultative role for this fellowship.

- **Major Strengths:**

- The Couple and Family Section and Child Psychiatry Sections are highly sought after training sites in clinical psychiatry. They are well established training sites recognized internationally as centre of excellence. Both services have been in existence for well over 40 years and have been identified as leader in family therapy practice and research.

- **Academic Facilities:**

Fellows will work at the Institute of Community and Family Psychiatry and at the new Center for Child Development and Mental Health. Fellows will have access to a fully equipped library facility, the Dr. Henry Kravitz Psychiatry Library, which houses a wide selection of journals, periodicals and assistance from our resident librarian. In addition there is a rich videotape library illustrating the work of our own staff and that of other well known professionals in the field of couple and family therapy. The training site at the Jewish General Hospital provides expert audio-visual support through the availability of one-way mirror facilities, a newly renovated studio enabling clinicians-in-training to record their ongoing clinical sessions and an expert audio-visual consultant. Personal office space is provided including access to facilities for data storage, computers and internet access.

Librarian: Teodora Constantinescu. MSc, MLIS

Teaching credentials:

“Evidence Based Psychiatry and Information Resources” module for McGill Psychiatry Residents Diploma

JGH Department of Psychiatry Nursing Journal Club (2012-2013) and Couple and Family Therapy Journal Club (2016-)

Publications: "Effects of Librarian-Provided Services in Healthcare Settings: a Systematic Review." Journal of the American Medical Informatics Association: Jamia. 21.6 (2014). Ida and George Eliot Prize, Medical Library Association

Fellow Duties and Responsibilities:

Full Fellowship will combine concentration in Couple and Family Section and Child Psychiatry.

Clinical Work: (25 hours/week)

Fellow will be engaged in clinical work with couples and families divided as follows:

- ✓ Weekly case screenings: (approximately 9 hours/week)
 - Couple and Family Section: Wednesday mornings (3.5 Hours/week)
 - Day Centre (3 hours/week)
 - Multiple Family Therapy groups (2 hours/week)

Ongoing Clinical Work (12 hours/week)

The clinical work consists of couples and family interviews and evaluations, and couple and family therapy and multiple family therapy. Therapy can either be short term (6 -10 sessions) or long term (the full fellowship). Fellows are required to carry at least 6 couple and 6 family cases throughout the fellowship.

Supervision: (4 hours/week)

Fellows are supervised on weekly basis between 3-4 hours. They will have two supervisors: one from Couple and Family Section and one from Child Psychiatry. Supervision includes reviewing the videotape of sessions or live observation through a one-way mirror.

Optional:

Journal Club:

Under the leadership of Dr. Guylaine Seguin and Librarian Teodora Constantinescu fellows will attend a monthly journal club to review the recent literature on evidence-based practice. Students will rotate presentations on current topics in the field. This activity aims at two main goals: address questions related to clinical practice and develop a critical appraisal of the literature.

(1 hour/month)

Optional:

Course: Fellows are encouraged to apply to McGill’s M.Sc. (Applied) Couple and Family Therapy, School of Social Work, McGill University as a complement to the fellowship. This program provides a full course complement over two years (60 credits)

to obtain a M.Sc. (A) Couple and Family Therapy. For information please refer to program website: <http://www.mcgill.ca/socialwork/prospective/msca>

Teaching Opportunities:

Fellows will be involved in preparing/delivering lectures for Skills-Based Family Therapy Teaching of Psychiatric Residents (conducting live couple or family assessment interviews).

Fellows could be involved in couple relational assessment for the peri-natal team.

Research Activities: (8 hours/week)

Fellows will learn how to conduct an extensive literature review.

Analyzing videotapes

Fellows will be asked to select a topic related to couple and family research, review the literature, and present a report.

Funding for attendance at scientific meetings will be provided only if fellow presents a research project.

This may be publishable, especially if accompanied by a case report.

Attendance at weekly rounds conferences (1 1/2 hours/week)

Publications: Staff Publications (related to family work):

Dr. S. Bond

Fraser, S., Denov, M., Guzder, J., **Bond, S.** and Bilotta, N. (2016). Children of War: Quebec's Social Policy Response to Children and Their Families, *International Journal of Social Science Studies*, Vol. 4, No. 7: 41-54. DOI:10.11114/ijsss.v4i7.1644. DOI: <http://dx.doi.org/10.11114/ijsss.v4i7.1644>

Zelkowitz, P. King, L., Whitley, R., Tulandi, T., Ells, C., Feeley, N., Gold, I., Rosberger, Z., Chan, P., **Bond, S.**, Mahutte, N., Ouhilal, S. & Holzer, H. (2015). A Comparison of Immigrant and Canadian-Born Patients Seeking Fertility Treatment. *Journal of Immigrant Minority Health*, 17:1033–1040. DOI 10.1007/s10903-014-0037-4.

Read S, Carrier, M-E., Boucher, M-E, Whitley, R., **Bond, S.** & Zelkowitz, P. (2014). Psychosocial services for couples in infertility treatment: What do couples really want? *Patient Education and Counseling* (94), 390-395.

Read S, Carrier, M-E., Boucher, M-E, Whitley, R., **Bond, S.** & Zelkowitz, P. (2014). Psychosocial services for couples in infertility treatment: What do couples really want? *Patient Education and Counseling* (94), 390-395.

Keefler, J., **Bond, S.**, & Sussman, T. (2013). Chapitre 12: L'Evaluation psychosocial (pp. 267-290). Dans E. Harper and H. Dorvil (Eds.) *Le travail social: théories, méthodologies et pratiques* (translation: *Social Work: Theories, Methodologies and Practices*). Les presses de l'Université du Québec à Montreal.

Guzder, J., Bond, S., Rabiau, M., Zelkowitz, P., & Rohar, S. (2011). The Relationship between Alliance, Attachment and Outcome in a Child Multi-Modal Treatment Population: Pilot study. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*, 20:3, 196-202.

Bond, S. (2009). Couple and family therapy: The evolution of the profession with Social Work at its core. *Intervention, Revue de l'Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec*, Numéro 131, 128- 138.

Bond, S. and Bond, M. (2004). Attachment styles and violence within couples. *The Journal of Nervous and Mental Disease*, 192, 857-863.

Bond, S. (2002). “Emphasizing the Interpersonal in Psychotherapy: Families and Groups in the Era of Cost Containment”, *Intervention*, 115, 147-148.

Dr. M. Bond

Bond, Michael; Steinberg, Mireille. Using psychoanalytic concepts in strategic family therapy: A suicidal adolescent case. Contemporary Family Therapy, Fall, 1988.

Dr. J. Guzder

Fraser, S., Denov, M., **Guzder, J.**, Bond, S. and Bilotta, N. (2016). Children of War: Quebec’s Social Policy Response to Children and Their Families, *International Journal of Social Science Studies*, Vol. 4, No. 7: 41-54.

DOI:10.11114/ijsss.v4i7.1644. DOI: <http://dx.doi.org/10.11114/ijsss.v4i7.1644>

Pederson, D. Kienzler, H., **Guzder, J.** (2015). Searching for Best Practices: A systematic Inquiry into the Nature of Psychosocial Interventions Aimed at Reducing the Mental Health Burden in Conflict and Post conflict Settings. *SAGE* 2015: 1-25. DOI: 10.1177/2158244015615164

Rousseau, C. **Guzder, J.** (2015). Teaching Cultural Formulation. *J. American Child and Adolescent Psychiatry*. 54:8:611-612.

Kirmayer, L. and **Guzder, J.**(2014). The Charter of Quebec Values: A View from Cultural Psychiatry. *Canadian Diversity*, Vol 10:2 pg. 47-51

Measham, T., **Guzder, J.**, Rousseau, C., Pacione, L., McPherson- Blais, M., and Nadeau, L. (2014). Refugee Children and Their Families: Supporting Psychological Well-Being and Positive Adaptation Following Migration. *Current Problems in Pediatric and Adolescent Health Care*, 44(7): 208-215

Rousseau, C. and **Guzder, J.** (2014). Trauma, Culture, and Clinical Work: The “House of Stories” as a Pedagogical Approach to Transcultural Training. Santhanam-Martin,

Radhika; de la Aldea, Elena. Traumatology, Jul 7 , 2014, No Pagination Specified. doi: 10.1037/h0099850

Guzder, J., Yohannes, S. and Zelkowitz, P. (2013). Helpseeking of immigrant and native born parents : A qualitative study from a Montreal Child Day Hospital. *J Can Acad Child Adolesc Psychiatry*, 22(4): 275-281

Guzder, J., Paisley, V., Hickling, F. and Robertson-*Hickling , H. (2013). Promoting Resilience in High Risk Children in Jamaica. *J. of Canadian Academy of Child and Adolescent Psychiatry*, 22(2): 25-130

Guzder, J., and Rousseau, C. (2013). A Diversity of Voices: The McGill "Working with Culture" Seminars. *Culture, Medicine and Psychiatry Journal*, 37: 347-364

Guzder, J. (2012). Addendum to Chapter 7 Psycho-histographic Cultural Therapy in: Frederick Hickling. *Psycho historiography: A Post-Colonial Psychoanalytical and Psychotherapeutic Model*. Jessica Kingsley Publishers, London, UK. 234, pp. 7a-7p.

Kirmayer, L.J., Fung, K., Rousseau, C., Tat Lo, H., Menzies, P., **Guzder, J.,** Ganesan, S., Andermann, L. and McKenzie, K. (2012). Position Paper: Guidelines for Training in Cultural Psychiatry *Canadian J of Psychiatry*. 57(3) Insert 1-16

Measham, T., **Guzder, J.** Rousseau, C., Nadeau, L. (2011). Taking culture Into Account When Assessing a Young Patient. *Psychiatric Times*, Tip Sheet.

<http://www.psychiatrictimes.com/child-adolescent- psych/content/article/10168/2043468>

Guzder, J. (2011). Working with the South Asian Diaspora: Affects Metaphors and Meanings. *Community Mental Health and Mental Health of Children and Youth*. People's Rural Development Association (PRDA), Colombo 2011, pg. 32- 35.

Guzder, J. (2011). Children and Family Issues for Assessment and Intervention Planning A Focus on Child Maltreatment and Family Work. *Community Mental Health and Mental Health of Children and Youth*. People's Rural Development Association (PRDA), Colombo 2011, pg. 68- 72.

Guzder, J., Bond, S., Rabiau, M., Zelkowitz, P., & Rohar, S. (2011). The Relationship between Alliance, Attachment and Outcome in a Child Multi-Modal Treatment Population: Pilot study. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*, 20:3, 196-202.

Guzder, J. (2011). Second Skins: Family Therapy Agendas of Migration, Identity and Cultural Change. *Fokus: Norwegian Family Therapy Journal*, 3: 160-179.

Guzder, J. (2011). Children as Symptom Bearers: Supporting South Asian Families Through School Interventions. *Canadian and International Education Journal*

Guzder, J. (2011). Women Who Jump into Wells: Reflections on Suicidality in Women from Conflict Regions of the Indian Subcontinent. *Transcultural Psychiatry*, V 48, Issue 5 :586-604.

Measham, T., Guzder, J., Rousseau, C., Nadeau, L. (2010). Cultural Considerations in Child and Adolescent Psychiatry: Understanding Cultural Difference for a Better Therapeutic Alliance. *Psychiatric Times*. Vol. 27 No. 2

Zelkowitz, P., Paris, J., Guzder, J., Feldman, R. (2007). Carmella Roy, Lindsay Rosval: A Five Year Follow-Up of Patients with Borderline Pathology of Childhood, *Journal of Personality Disorders*, 21 :(6) 66- 674.

Guzder, J., Paris, J., Zelkowitz, P., Marchessault, K. (1996). Risk Factors For Borderline Pathology In Children, *Journal of the American Academy of Child and Adolescent Psychiatry*. 35:26-33.

Paris, J., Zweig-Frank, H., Guzder, J. (1994). Dissociation in Male Patients with Borderline and Non-Borderline Personality Disorders, *Journal of Personality Disorders*. 8:210-218.

Dr. Marjorie Rabiau

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Rabiau, M., Knäuper, B., Nguyen, T., Polychronakos, C., & Sufrategui, M. (2009). Compensatory beliefs about glucose-testing are associated with low adherence to treatment and poor metabolic control in adolescents with type 1 diabetes. *Health Education Research*, 24, 890-896.

Rabiau, M., Knäuper, B., & Miquelon, P. (2006). The eternal quest for optimal balance between maximizing pleasure and minimizing harm: The Compensatory Health Beliefs Model. *British Journal of Health Psychology*, 11, 139-153.

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Knäuper, B., Cheema, S., Rabiau M., & Borten, O. (2005). Self-set dieting rules: Adherence and prediction of weight loss success. *Appetite*, 44, 283-288.

Aboud, F. E., & Rabiau, M. A. (2002). Health psychology in multiethnic perspective. In P. B. Pedersen, J. G. Draguns, W. J. Lonner, & J. E. Trimble (Eds), *Counseling across cultures* (5th ed.). Thousand Oaks: Sage.

````**Dr. P. Zelkowitz**

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Da Costa, D., **Zelkowitz, P.**, Dasgupta, K., Hennegan, K., Lowensteyn, I., Sewitch, M., & Cruz, R. (in press). Dads Get Sad Too: Depressive Symptoms and Associated Factors in Expectant First-Time Fathers. *American Journal of Men's Health*.

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MacKinnon, A.L., Naguib, M., Barr, H.J., Levinsson, A., Robins, S. Feely, N., Hayton, B., **Zelkowitz, P.**, & Gold, I. (2016). Delusional ideation during the perinatal period in a community sample. *Schizophrenia Research*, <http://dx.doi.org/10.1016/j.schres.2016.09.027>.

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Feeley, N., Bell, L., Hayton, B., **Zelkowitz, P.**, & Carrier, M-E. Care for postpartum depression: What do women and their partners prefer? (2016). *Perspectives in Psychiatric Care*, 52 (2), 120-130.

Gureje, O., Oladeji, B.D., Araya, R., Montgomery, A.A., Kola, L., Kirmayer, L., **Zelkowitz, P.**, Groleau, D. Expanding care for perinatal women with depression (EXPONATE): Study protocol for a randomized controlled trial of an intervention package for perinatal depression in primary care (2015) *BMC Psychiatry*, 15 (1), art. No. 136.

- Zelkowitz, P.**, King, L., Whitley, R., Tulandi, T., Ells, C., Feeley, N., Gold, I., Rosberger, Z., Chan, P., Bond, S., Mahutte, N., Ouhilal, S., Holzer, H. (2015). A comparison of immigrant and Canadian-born patients seeking fertility treatment. *Journal of Immigrant and Minority Health*, 17, pp. 1033-1040.
- Samuel, S., Hayton, B., Gold, I., Feeley, N., Carter, C. S., & **Zelkowitz, P.** (2015). Attachment security and recent stressful life events predict oxytocin levels: A pilot study of pregnant women with high levels of cumulative psychosocial adversity. *Attachment & Human Development*, 17, pp. 272-287.
- Samuel, S., Hayton, B., Gold, I., Feeley, N., Carter, C. S., & **Zelkowitz, P.** (2015). Maternal mental health moderates the relationship between oxytocin and interactive behavior. *Infant Mental Health Journal*, 36 (4), pp. 415-426.
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- Habel, C., Feeley, N., Hayton, B., Bell, L., **Zelkowitz, P.** (2015). Causes of women's postpartum depression symptoms: men's and women's perceptions. *Midwifery*, 31 (7), pp. 728-734.
- Read, S.C., Carrier, M.-E., Whitley, R., Gold, I., Tulandi, T., **Zelkowitz, P.** (2014). [Complementary and alternative medicine use in infertility: Cultural and religious influences in a multicultural Canadian setting.](#) *Journal of Alternative and Complementary Medicine*, 20 (9), pp. 686-692.
- Zelkowitz, P.**, Gold, I., Feeley, N., Hayton, B., Carter, C. S., Tulandi, T., Abenhaim, H. A., & Levin, P. (2014). Psychosocial stress moderates the relationships between oxytocin, perinatal depression, and maternal behavior. *Hormones and Behavior*, 66 (2), pp. 351-360.
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- King, L., Tulandi, T., Whitley, R., Constantinescu, T., Ells, C., **Zelkowitz, P.** (2014). What's the message? A content analysis of newspaper articles about assisted reproductive technology from 2005 to 2011. *Human Fertility*, 17 (2), pp. 124-132.
- Prevost, M., Carrier, M-E., Chowne, G., **Zelkowitz, P.**, Joseph, L., Gold, I. (2014). The Reading the Mind in the Eyes Test: validation of a French version and exploration of cultural variations in a multi-ethnic city. *Cognitive Neuropsychiatry*, 19 (3), pp. 189-204.

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