

this is not a therapy session

****This Is Not a Therapy Session: Understanding Boundaries in Conversations****

this is not a therapy session – a phrase many of us have probably heard or even said at some point in casual conversations. It's a gentle, sometimes humorous reminder that while we might be talking about personal struggles, venting frustrations, or sharing emotional experiences, not every interaction is a space for professional counseling or deep psychological work. But why is this distinction important, and how can we navigate conversations that might blur these lines? Let's explore the significance of this phrase and unpack why setting boundaries in communication matters.

Why Saying "This Is Not a Therapy Session" Matters

In our increasingly connected world, sharing our feelings and personal stories has become commonplace, whether through social media, text messages, or face-to-face chats. However, not every interaction is equipped to handle the complexities of mental health or emotional healing. When someone says, "this is not a therapy session," they're often signaling a need to maintain certain boundaries – either for themselves or for the other person.

This phrase serves multiple purposes:

- ****Clarifying the nature of the conversation:**** It reminds participants that the discussion is informal and not a substitute for professional help.
- ****Setting emotional limits:**** Sometimes, people need to protect their own mental health by avoiding taking on others' emotional burdens.
- ****Encouraging appropriate support-seeking:**** It gently nudges individuals to seek proper therapy or counseling when needed.

Understanding these reasons helps us respect both our own limits and those of others, fostering healthier communication.

Recognizing When a Conversation Needs Professional Support

Not every moment of vulnerability demands a therapy session, but some do. Knowing the difference can be challenging, especially when emotions run high or when we want to support a loved one. Here are some signs that a conversation might require professional attention rather than casual venting:

Persistent Emotional Distress

If someone frequently expresses feelings of hopelessness, anxiety, or depression without signs of improvement, it's a strong indicator that professional help should be considered. Casual chats or advice from friends, while well-meaning, might not be enough to address such deep-rooted issues.

Complex Mental Health Issues

Topics involving trauma, addiction, or severe mood disorders often need the expertise of therapists or counselors. While friends can offer empathy, they are not trained to provide the therapeutic interventions necessary for healing.

Risk of Harm

If there is any mention of self-harm, suicidal thoughts, or harm to others, it's critical to encourage immediate professional help. This is a clear boundary where "this is not a therapy session" applies – the situation demands urgent, specialized intervention.

How to Support Others Without Becoming Their Therapist

Navigating the fine line between being supportive and overstepping into a therapeutic role can be tricky. Many people want to help but fear saying the wrong thing or becoming overwhelmed by someone else's problems. Here are some practical tips for maintaining balance:

Practice Active Listening

Sometimes, people just need someone to hear them out without offering solutions. Active listening involves giving your full attention, acknowledging feelings, and validating experiences. Simple phrases like "I hear you" or "That sounds really tough" can be powerful.

Set Clear Boundaries

It's okay to let friends or family know what you can and cannot handle emotionally. You might say, "I want to support you, but I'm not equipped to

help with everything you're going through. Have you thought about talking to a counselor?"

Encourage Professional Help When Needed

Suggesting therapy or counseling doesn't mean you're dismissing someone's feelings. Instead, it shows you care enough to want them to get the best support possible. You can gently recommend resources or offer to help find a therapist.

The Role of Boundaries in Everyday Conversations

The phrase "this is not a therapy session" also highlights the importance of boundaries in casual and even workplace conversations. Not every moment is appropriate for deep emotional discussions, and recognizing this can prevent discomfort or misunderstandings.

Keeping Professional and Personal Conversations Separate

At work, colleagues might share personal issues, but it's important to remember that the workplace isn't a therapy office. Maintaining professionalism while showing empathy is key. If someone opens up, listen respectfully but avoid becoming their de facto counselor.

Protecting Your Own Mental Space

If you find yourself regularly absorbing others' emotional distress, it can take a toll on your own wellbeing. Setting limits on the topics you're willing to engage with helps protect your mental health. Remember, it's okay to say, "I'm here for you, but I'm not the right person to help with this."

When Humor Meets Boundaries: Using "This Is Not a Therapy Session" Lightly

Sometimes, the phrase is used humorously among friends to gently remind each other of conversational limits without causing offense. Humor can diffuse tension and create a shared understanding about boundaries.

For example, during a group chat where someone starts venting extensively, another might reply, “Hey, this is not a therapy session, but we’re here for you!” This lighthearted approach keeps the tone friendly while signaling the need to balance emotional sharing with other topics.

Digital Age Challenges: When Online Conversations Blur the Lines

In today’s digital landscape, boundaries can become even more blurred. Social media platforms and instant messaging apps encourage spontaneous sharing, but they’re not designed for in-depth therapy.

Overwhelmed by Online Emotional Overload

It’s common to encounter friends or acquaintances sharing intense emotional content online. While empathy is important, remember that online spaces lack the privacy and support systems of professional therapy. Responding with kindness is good, but encouraging professional help when needed is crucial.

Protecting Your Mental Health in the Digital World

Scrolling through constant emotional posts can be draining. Consider setting limits on your social media use or unfollowing accounts that negatively impact your mental wellbeing. Recognizing that “this is not a therapy session” applies to digital interactions helps maintain healthy boundaries online.

Embracing Emotional Honesty Without Overstepping

At its core, “this is not a therapy session” is about balancing emotional honesty with appropriate boundaries. Sharing feelings and experiences is vital for connection and mental health, but it’s equally important to recognize when a conversation needs to be steered toward professional support.

Being honest about your limits, encouraging others to seek help when necessary, and practicing compassionate listening can create safer spaces for everyone involved. After all, we all deserve support, but we also deserve to receive it in the right way and at the right time.

The next time you find yourself in a heart-to-heart or a casual vent, remember that acknowledging, “this is not a therapy session,” isn’t about shutting down emotions – it’s about honoring the boundaries that keep conversations healthy, respectful, and truly supportive.

Frequently Asked Questions

What does the phrase 'This is not a therapy session' mean?

The phrase 'This is not a therapy session' is often used to set boundaries by indicating that the current conversation is not meant for deep emotional exploration or professional psychological help.

When is it appropriate to say 'This is not a therapy session'?

It is appropriate to say 'This is not a therapy session' when someone is trying to share personal issues in a context that isn’t meant for emotional counseling, such as casual conversations or professional settings where therapy is not provided.

How can saying 'This is not a therapy session' affect a conversation?

Saying 'This is not a therapy session' can help clarify boundaries and prevent conversations from becoming overly personal or emotionally draining, but it can also come across as dismissive if not communicated sensitively.

Is it rude to tell someone 'This is not a therapy session'?

It depends on the tone and context. While the phrase can be blunt, it is not inherently rude if said respectfully to maintain appropriate boundaries.

Can 'This is not a therapy session' be used in workplace settings?

Yes, it can be used in workplace settings to remind colleagues that certain discussions should remain professional and not delve into personal psychological issues.

How can one set boundaries without saying 'This is not a therapy session'?

One can set boundaries by politely redirecting the conversation, saying things like 'I'm here to listen, but I'm not a professional therapist' or 'Maybe this is something to discuss with a counselor.'

Why is it important to recognize when a conversation is not a therapy session?

Recognizing when a conversation is not a therapy session is important to maintain healthy boundaries, ensure appropriate support is sought, and to avoid emotional burnout or misunderstanding in personal and professional relationships.

Additional Resources

****This Is Not a Therapy Session: Understanding Boundaries in Conversations and Content****

this is not a therapy session—a phrase increasingly encountered in both personal interactions and digital content. It serves as a clear boundary marker, distinguishing casual conversations from professional therapeutic engagements. In an era where mental health awareness is expanding and discussions around emotional well-being are becoming more commonplace, the delineation between informal dialogue and formal therapy holds critical importance. This article explores the nuances behind this phrase, the context in which it is used, and why recognizing these boundaries matters for mental health, communication ethics, and content creators alike.

The Importance of Defining Conversation Boundaries

In everyday life, people often find themselves in roles where they act as informal confidants, offering advice or empathetic listening. However, there is a significant difference between being a supportive friend and conducting a therapy session. "This is not a therapy session" encapsulates this distinction, reminding participants that certain interactions are not substitutes for professional mental health care.

The rise of social media, podcasts, and online forums has blurred lines between casual support and professional advice. Many influencers, bloggers, or content creators share personal experiences or coping strategies, which can be valuable but should not replace licensed therapy. Clarifying that "this is not a therapy session" helps manage expectations and encourages individuals to seek appropriate help when necessary.

The Role of Boundaries in Mental Health Conversations

Mental health discussions have gained prominence, but they also risk being oversimplified or misrepresented in informal settings. Establishing clear boundaries—verbally or in writing—prevents misunderstandings. When someone states “this is not a therapy session,” they are signaling that the conversation is not confidential, lacks professional oversight, and is not intended to provide clinical diagnosis or treatment.

Such disclaimers are especially vital in workplaces, peer support groups, or online communities. Without boundaries, individuals might delay seeking professional help, relying instead on unqualified advice that can be ineffective or harmful. Recognizing that informal conversations do not substitute for therapy protects both the speaker and listener by promoting mental health literacy and appropriate resource referral.

The Phrase in Digital and Media Contexts

The phrase “this is not a therapy session” has found widespread use beyond face-to-face interactions, particularly in digital content such as podcasts, YouTube videos, and social media posts. Content creators often use it as a disclaimer to underline the entertainment or informational nature of their material rather than therapeutic intent.

Content Creation and Ethical Considerations

Creators addressing mental health topics walk a fine line between raising awareness and unintentionally providing advice that could be misconstrued as therapy. Including a statement like “this is not a therapy session” serves several functions:

- **Clarifying purpose:** It informs the audience that the content is for sharing experiences or general discussion, not clinical guidance.
- **Limiting liability:** It helps protect creators legally by setting realistic expectations about the nature of their advice.
- **Encouraging professional help:** It implicitly promotes seeking qualified mental health professionals when needed.

This practice aligns with ethical content creation standards, which emphasize transparency and responsibility, especially when sensitive topics like mental

health are involved.

Audience Perception and Impact

From an audience perspective, such disclaimers can shape how information is processed and applied. When viewers or listeners understand that "this is not a therapy session," they are more likely to critically evaluate the content and follow up with professional resources if necessary.

However, some critics argue that overuse of this phrase might minimize the value of peer support and shared experiences, which are significant components of mental health recovery for many. The challenge lies in balancing acknowledgment of informal support's importance while maintaining clear boundaries to avoid confusion.

Professional Therapy vs. Informal Support: Key Differences

Understanding why "this is not a therapy session" matters requires a closer look at what distinguishes therapy from casual support.

Therapy Characteristics

- **Licensed professionals:** Therapists are trained, certified, and bound by ethical codes.
- **Structured approach:** Therapy involves assessment, treatment plans, and evidence-based interventions.
- **Confidentiality:** Patient-therapist confidentiality is legally protected.
- **Goal-oriented:** Therapy aims to address psychological disorders or emotional challenges.

Informal Support Characteristics

- **Untrained individuals:** Friends, family, or peers may offer empathy but lack clinical training.

- **Spontaneous and flexible:** Conversations are casual and unstructured.
- **No confidentiality guarantees:** Informal conversations might be shared or remembered inaccurately.
- **Emotional relief:** Provides a sense of connection and understanding but not clinical treatment.

This contrast highlights why disclaimers like “this is not a therapy session” are essential. They help avoid conflating these distinctly different types of interactions.

When and How to Use “This Is Not a Therapy Session”

In practical terms, the timely and appropriate use of this phrase can foster healthier communication dynamics.

Situations Warranting the Phrase

1. **Peer support groups:** To remind participants that discussions are support-based, not therapeutic.
2. **Social media posts:** When sharing personal mental health stories or advice without professional credentials.
3. **Workplace conversations:** To clarify that colleagues are not acting as counselors.
4. **Content creation:** Podcasts or videos discussing mental health topics without clinical intent.

Best Practices for Communicating Boundaries

- **Be clear and upfront:** State the phrase early in conversations or content to set expectations.
- **Encourage professional help:** Include suggestions or resources for seeking therapy.

- **Maintain empathy:** While setting boundaries, continue to offer support and understanding.
- **Respect privacy:** Avoid sharing sensitive information without consent.

By adhering to these guidelines, individuals and creators uphold ethical standards that protect mental health and promote informed decision-making.

The Broader Cultural and Social Implications

The frequent use of “this is not a therapy session” reflects broader societal shifts in how mental health is discussed and managed. The phrase symbolizes a growing awareness of the need for professional mental health services alongside informal support networks.

Moreover, it sheds light on the challenges posed by the democratization of information. The internet has empowered many to share their stories and advice, but it also demands discernment to differentiate between personal experience and professional expertise.

This evolving landscape calls for ongoing education about mental health literacy, the roles of various support systems, and the importance of respecting boundaries. Ultimately, clarifying that “this is not a therapy session” contributes to a healthier dialogue and promotes better mental health outcomes.

In essence, the phrase serves as a vital checkpoint—reminding us that while empathy and shared experiences are invaluable, they are not replacements for structured, professional care. Recognizing and respecting this boundary is crucial in fostering responsible communication and ensuring that those in need receive appropriate support.

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practitioner-sensitive posture with its research presentations. Each chapter focuses on one or more performances that clinical practitioners -- in consort with their clients or colleagues -- must achieve with some regularity. These speech acts are consequential for effective practice and sometimes present themselves as problematic. Rather than calling for research to be simplified or reoriented in order for practitioners to understand it, these authors interpret state-of-the-art descriptive analysis for its practical import for clinicians. Each contributor delves deeply into clinical practice and its wisdom; therefore, each is positioned to identify alternative clinical practices and techniques and to appreciate practitioners' means of performing effectively. When reflective practitioners encounter these new pieces of work, productive alterations in how their work is done can be stimulated. By reading this work, reflective practitioners will now have new ways of considering their talk and new possibilities for speaking effectively. The volume is uniquely constructed so as to engage in dialogue with these reflective practitioners as they struggle to articulate their work. A practical wisdom-as-research trend has recently emerged in the clinical fields stimulating these practitioners to explore new and more informative ways -- communication and literary theory, ethnography, and discourse analysis -- to express what they do in clinics and hospitals. With the studies presented in this book, the editors build upon this dialectical process between practitioner and researcher, thus helping this productive conversation to continue.

this is not a therapy session: *Clinical Handbook of Couple Therapy, Fourth Edition* Alan S. Gurman, 2008-06-24 This authoritative handbook provides a definitive overview of the theory and practice of couple therapy. Noted contributors--many of whom developed the approaches they describe--combine clear conceptual exposition with thorough descriptions of therapeutic techniques. In addition to presenting major couple therapy models in step-by-step detail, the book describes effective applications for particular populations and problems. Chapters adhere closely to a uniform structure to facilitate study and comparison, enhancing the book's utility as a reference and text. See also *Clinical Casebook of Couple Therapy*, also edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

this is not a therapy session: **Family Therapy** Alan Carr, 2012-07-31 Now in its third edition, this highly regarded and well-established textbook includes up-to-date coverage of recent advances in family therapy practice and reviews of latest research, whilst retaining the popular structure and chapter features of previous editions. Presents a unique, integrative approach to the theory and practice of family therapy Distinctive style addresses family behaviour patterns, family belief systems and narratives, and broader contextual factors in problem formation and resolution Shows how the model can be applied to address issues of childhood and adolescence (e.g. conduct problems, drug abuse) and of adulthood (e.g. marital distress, anxiety, depression) Student-friendly features: chapters begin with a chapter plan and conclude with a summary of key points; theoretical chapters include a glossary of new terms; case studies and further reading suggestions are included throughout

this is not a therapy session: **Clinical Handbook of Psychological Disorders, Fourth Edition** David H. Barlow, 2007-11-15 With over 75,000 copies sold, this clinical guide and widely adopted text presents authoritative guidelines for treating frequently encountered adult disorders. The Handbook is unique in its focus on evidence-based practice and its attention to the most pressing question asked by students and practitioners—"How do I do it?" Leading clinical researchers provide essential background knowledge on each problem, describe the conceptual and empirical bases of their respective approaches, and illustrate the nuts and bolts of evidence-based assessment and intervention.

this is not a therapy session: **Cognitive-Behavior Therapy for Children and Adolescents** Eva Szigethy, John R. Weisz, Robert L. Findling, 2012-09-24 Cognitive-Behavior Therapy for Children and Adolescents provides readers with the defining fundamentals of CBT in an accessible, down-to-earth style. In addition, a well-integrated, developmentally appropriate approach is detailed for a number of the mental disorders and conditions that are most common among children and adolescents. This unique work provides the following: Explications of innovative CBT techniques in

the treatment of children with chronic physical illness and depressive, bipolar, anxiety (including OCD and PTSD), eating, elimination, and disruptive behavior disorders A comprehensive chapter features the clinical implications and applications of combining CBT with psychopharmacological treatment Videos on the accompanying DVD demonstrate CBT techniques with children or adolescents with depression, anxiety, OCD, eating disorder, medical illness, and disruptive behavior disorder Guidance for integrating parents and families into the child's treatment is shared for every disorder covered in the book Extensive case examples, key clinical points, and self-assessment questions and answers will further equip readers to effectively and thoughtfully apply CBT Useful chapter appendixes include accessible tables of CBT concepts; patient and parent handouts; and clinical exercises, activities, and tools that further augment the text Finally, because factors such as race, ethnicity, religion, immigration status, and sexual orientation may affect the therapeutic relationship, diagnosis, and treatment of patients, a separate chapter on conducting effective CBT with culturally diverse children and adolescents is provided. Clinicians will gain a robust understanding of CBT practice with children and adolescents -- so that they can also do it -- and do it effectively. This unique, easy-to-use guide is an invaluable and worthy reference for all mental health practitioners who work with children and adolescents. No other text on the subject will match it.

this is not a therapy session: Navigating Ruptures, Repairs, and Termination Within the Therapeutic Process Judy Z. Koenigsberg, 2024-03-21 This book explores the importance of the therapeutic relationship, the tensions or disagreements that may emerge during a therapy session, and how they can be repaired. Dr. Koenigsberg introduces a two-part transtheoretical, psycholinguistic model which focuses on the connection between ruptures and the termination phase of therapy, emphasizing the verbal and nonverbal nuances of language, to understand what is happening in the therapeutic alliance. With a reliance on psycholinguistic elements, this model can guide therapists who wish to reduce the premature termination of patients from therapy. Written in an accessible format, it provides case examples, including the patient's and therapist's inner experiences, and defines and describes the phases of therapy so that difficult transitions in the therapeutic process can be navigated with skill and compassion. This text is essential for providing early career as well as more seasoned therapists with excellent strategies to repair their therapeutic relationships with clients.

this is not a therapy session: Pediatric Massage Therapy Marybetts Sinclair, 2004-03-01 This book provides a complete overview of the concepts and techniques that massage therapists, physical or occupational therapists, and other healthcare professionals need to know in order to perform manual therapy on children—especially those with disabilities. The author fully covers the applications of massage therapy for children ages 2 to 18. Pediatric Massage Therapy, Second Edition is well written, well researched, and expertly illustrated to provide a clear, demonstrative guide to pediatric massage. Topics include massage in healthy emotional development, managing psychological stress, physical therapy, and home healthcare. Real-life examples and anecdotes from hands-on therapists help readers relate to specific applications.

this is not a therapy session: Principles and Techniques of Trauma-Centered Psychotherapy David Read Johnson Ph.D., Hadar Lubin M.D., 2015-04-08 Therapists interested in conducting rigorous and effective trauma-centered conversations with their patients will find Principles and Techniques of Trauma-Centered Psychotherapy of enormous instructional and clinical value. Never before has a text examined the process of trauma inquiry in the detail presented here—specifically, in dozens of extremely thorough case examples that demonstrate successful and unsuccessful therapeutic interventions. Exercising great care and skill, the authors describe the step-by-step mechanics of conducting an effective trauma-centered psychotherapy based on imaginal exposure from an in-depth narrative of the client's traumatic experiences. Clinicians in practice and in training will benefit from the authors' focus on increasing competence in this important aspect of treatment. From establishing the trauma treatment framework to navigating the inevitable disruptions to dealing with the negative effects on the therapist of hearing detailed accounts of traumatic events, Principles and Techniques of Trauma-Centered Psychotherapy is both pragmatic

and empathic, providing effective strategies in the context of true life treatment.

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this is not a therapy session: The Complete Guide To Outplacement Counseling Alan J. Pickman, 2013-10-23 Recognized by business managers as a useful and practical tool to assist them in responding to a set of complex business challenges, the need for outplacement counseling - the process of assisting employees who have lost their jobs to develop effective career plans and to find new employment - has grown dramatically during the past two decades. Given this rapid expansion of the field, assembling, organizing, and clarifying the body of knowledge and information available about outplacement has become critically important. The first comprehensive effort in the field, this book presents authoritative, up-to-date information on an exhaustive range of outplacement topics. A psychologist and experienced outplacement practitioner, the author has recently been chosen as one

of the charter fellows of the Outplacement Institute, the sole certifying organization for outplacement practitioners. Of value to all those interested in the field including current and future practitioners as well as human resources professionals, this volume contains essential information for candidates receiving outplacement services, counseling students, and researchers involved in the study of counseling in business and industry. With such a broad audience in mind, it contains a wide range of information--counseling theory and practical suggestions geared expressly to the needs of practitioners, descriptive material on all topics, and brief case histories of actual outplacement candidates. Written in non-technical language, the volume brings to life the flavor of outplacement practice. This unique volume covers topics not addressed elsewhere in the current outplacement literature including: the psychological barriers to a successful job search the behavioral and counseling implications of the outplacement setting the theoretical basis of outplacement counseling the relation between outplacement and psychotherapy the professional development opportunities for outplacement practitioners the supervision of outplacement practitioners the cross-cultural issues to be considered in outplacement the relation of outplacement to other career development professionals, and the marketing of outplacement services Also of importance, the appendices offer data not previously disseminated to the general public including: competencies standards for OPC practitioners as established by the International Association of Outplacement Professionals (IAOP) standards of ethical practice for outplacement professionals as established by the IAOP, and listings of information resources for OPC practitioners and candidates featuring a section on computer-based sources for conducting career-related research

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Alec L. Miller, Jill H. Rathus, Marsha M. Linehan, 2006-11-16 Filling a tremendous need, this highly practical book adapts the proven techniques of dialectical behavior therapy (DBT) to treatment of multiproblem adolescents at highest risk for suicidal behavior and self-injury. The authors are master clinicians who take the reader step by step through understanding and assessing severe emotional dysregulation in teens and implementing individual, family, and group-based interventions. Insightful guidance on everything from orientation to termination is enlivened by case illustrations and sample dialogues. Appendices feature 30 mindfulness exercises as well as lecture notes and 12 reproducible handouts for Walking the Middle Path, a DBT skills training module for adolescents and their families. Purchasers get access to a Web page where they can download and print these handouts and several other tools from the book in a convenient 8 1/2 x 11 size. See also Rathus and Miller's DBT Skills Manual for Adolescents, packed with tools for implementing DBT skills training with adolescents with a wide range of problems.

this is not a therapy session: Ethical Issues in Clinical Psychology Richard Jensen, 1985-09-26

this is not a therapy session: Cognitive Therapy for Challenging Problems Judith S. Beck, 2011-07-05 Following on the success of the bestselling Cognitive Therapy: Basics and Beyond, this groundbreaking book from Judith S. Beck addresses what to do when a patient is not making progress in cognitive-behavioral therapy. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks. While the framework presented is applicable to a range of challenging clinical situations, particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioral strategies of people with personality disorders. Helpful appendices include a reproducible assessment tool, and the Personality Belief Questionnaire.

this is not a therapy session: Handbook of Clinical Psychology, Volume 1 Michel Hersen, Alan M. Gross, 2008-01-09 Handbook of Clinical Psychology, Volume 1: Adults provides comprehensive coverage of the fundamentals of clinical psychological practice for adults from assessment through treatment, including the innovations of the past decade in ethics, cross cultural psychology, psychoneuroimmunology, cognitive behavioral treatment, psychopharmacology, and geropsychology.

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3. Check if the callsign is correctly entered.
4. Verify that the callsign is active and has a name associated with it.
5. Contact QRZ support if the issue persists.
I hope these steps help resolve the problem. If you have any other questions, feel free to ask.

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