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# Treating Stressed Out Couples

## Interventions to Help Partners Navigate Stress & Improve Their Relationship

with Instructor Elizabeth Earnshaw, LMFT

- ✓ Assess stress and dysregulation
- ✓ Develop accountability-based strategies
- ✓ Apply three-part stress system

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*Relationships*



# Treating Relationships

**Lingsheng Yao**



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