

PLEASE NOTE THAT THIS BOOK SHOULD BE USED AFTER TRAINING. THE INTRODUCTION IS ONLY A BRIEF SUMMARY OF THE PROGRAMME AND DOES NOT COVER IN DEPTH ALL OF THE MANY ASPECTS THAT MAY NEED TO BE CONSIDERED, SUCH AS AWARENESS OF FEELINGS AND SENSITIVITY AND SKILLS IN DEALING WITH THEM.

THE LESSON PLANS ARE ALL BASED ON VALUES INHERENT WITHIN THE HUMAN FRAMEWORK AND ARE POSITIVELY ORIENTATED.

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