

Counseling Theorists Study Guide

This breakthrough edition of *Theories of Counseling and Psychotherapy: An Integrative Approach*, by Elsie Jones-Smith, sets a new standard in counseling theories books. The Second Edition goes beyond expert coverage of traditional and social constructivist theories with coverage of more contemporary approaches to psychotherapy, including individual chapters on spirituality and psychotherapy, strengths-based therapy, neuroscience and neuropsychology, motivational interviewing, and the expressive arts therapies. In every chapter, the case study of a preadolescent boy demonstrates how each theory can be applied in psychotherapy. Up to date and easy to read, the book engages readers with inner reflection questions that help them apply the theories to the lives of their clients and shows them how to develop their own integrative approach to psychotherapy.

This text provides a comprehensive overview of a variety of major counseling theories and focuses on the integration of different theoretical models. Appropriate for advanced undergraduates and graduate students, it offers a detailed description of the philosophical basis for each theory, along with historical context and a biography of the founder. Each chapter follows a similar format and explores the main features of the theory, including its approach to and ideas on personality development, human nature, the role of environment, the change process in therapy, and contributions and limitations to the mental health field. Theory-specific information on diagnosis, psychopharmacology, multicultural issues, spirituality, and gender issues is also discussed. These features will provide students with a deeper and more complete understanding of counseling theory than is available in any single resource and allow them to easily bridge classroom study to their future practice. This second edition of the text has been completely updated and includes more case examples, as well as a new chapter on Constructivist approaches. An online instructor's manual with student resources is available and offers material to enhance the pedagogical features of the text.

Reflecting the latest practices from the field, the comprehensive *THEORIES OF PSYCHOTHERAPY AND COUNSELING: CONCEPTS AND CASES*, 6th Edition equips readers with a solid understanding of the systematic theories of psychotherapy and counseling. A proven author and popular professor, Dr. Richard Sharf combines a thorough explanation of concepts with insightful case summaries and therapist-client dialogues that illustrate techniques and treatment in practice. Dr. Sharf demonstrates how to apply theories to individual therapy or counseling for common psychological disorders-such as depression and generalized anxiety disorders-as well as how to apply them to group therapy. For major theories, the text includes basic information about background, personality theory, and theory of psychotherapy to help readers understand the application of psychotherapy theory. In addition, insight into the personal lives and philosophical influences of theorists helps explain how the theorists view human behavior. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

A blend of theory and counseling techniques, this comprehensive text provides readers with an overview of several major counseling theories and their application to substance use disorders and addiction counseling, along with related techniques and interventions. Chapters incorporate cutting edge evidenced-based research on neuroscience, psychological and sociocultural theories explaining the biopsychosocial influences of substance use disorders, and examine how substance use disorder risk factors can be utilized when assessing someone who may have a substance use disorder. The text additionally helps apply theory to practice, offering intervention techniques and using accessible case studies. Throughout the text, highlighted learning opportunities and key terms further help students to practice and apply the theories, interventions and techniques that the book discusses. Mental health professionals, undergraduate and graduate students alike will benefit from this deft mix of prominent theory, innovative research and accessible case studies.

This user-friendly new study guide will help graduate students and professionals in rehabilitation counseling to prepare thoroughly for the CRC® examination. It provides a complete, detailed review of the CRC exam built on the most recent, empirically based rehabilitation counselor roles and function studies. Each chapter contains a concise overview of the topic, summary tables of key concepts, practice questions with annotated answers, and links to related web-based materials. Key Features: Covers 10 core curriculum areas Features 2010 approved core standards Provides 300 test questions and answers Describes key terms and concepts Includes tables and charts to clarify information Certified Rehabilitation Counselor Examination Preparation is written by rehabilitation counselors and content experts well known in their field for teaching effectiveness, research, and scholarship. It is geared for master's and doctoral-level students in rehabilitation counseling, psychology and disability studies, as well as Licensed Professional Counselors. It will also be of value to master's-level students in their day-to-day preparation for individual classes in theory, assessment, and job placement. Note: This book is not endorsed or in any other way supported by the Commission on Rehabilitation Counselor Certification (CRCC).

Never HIGHLIGHT a Book Again! Virtually all of the testable terms, concepts, persons, places, and events from the textbook are included. Cram101 Just the FACTS101 studyguides give all of the outlines, highlights, notes, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanys: 9780495008842 .

Counseling and Psychotherapy Theories in Context and Practice Study Guide John Wiley & Sons

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Incorporating the thinking, feeling, and behaving dimensions of human experience, the tenth edition of Corey's best-selling book helps students compare and contrast the therapeutic models expressed in counseling theories. Corey introduces students to the major theories (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, postmodern, and integrative approaches) and demonstrates how each theory can be applied to two cases (Stan and Gwen). With his trademark style, he shows students how to apply those theories in practice, and helps them learn to integrate the theories into an individualized counseling style. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

With more questions and answers than any other edition, the Encyclopedia of Counseling, Fourth Edition, is still the only book you need to pass the NCE, CPCE, and other counseling exams. Every chapter has new and updated material and is still written in Dr. Rosenthal's lively, user-friendly style counselors know and love. The book's new and improved coverage incorporates a range of vital topics, including social media, group work in career counseling, private practice and nonprofit work, addictions, neurocounseling, research trends, the DSM-5, the new ACA and NBCC codes of ethics, and much, much more.

One of the first books in the field of counseling to use a competency-based approach for teaching counseling and psychotherapy theories, Gehart's text is designed to teach the skills and knowledge outlined in current CACREP Standards. Featuring state-of-the-art, outcomes-based pedagogy, the text introduces counseling and psychotherapy theories using theory-informed case conceptualization as well as treatment planning. Assignments empower students to apply theoretical concepts and develop real-world skills as early as possible in their training, resulting in greater mastery of the material. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

THEORY AND PRACTICE OF GROUP COUNSELING, 9th Edition, gives students an in-depth overview of the eleven group counseling theories. In addition to illustrating how to put these theories into practice, this best-selling text guides students in developing their own syntheses of various aspects of the theories. With Corey's clear, straightforward writing style, students are able to grasp each theoretical concept and its relationship to group practice with ease. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques, 2nd Edition is an in-depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC features eleven videos each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence-based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice-based evidence Showcasing the latest research, theory, and evidence-based practice in an engaging and relatable style, Counseling and Psychotherapy Theories in Context and Practice is an illuminating text with outstanding practical value.

Expand and reinforce your understanding of counseling and psychotherapy theories This supplementary resource to Counseling and Psychotherapy Theories in Context and Practice, Second Edition will further deepen your understanding of three key components of counseling and psychotherapy theory and practice: self-awareness, knowledge, and application and skill development. This Study Guide offers: A pre-test and post-test in each chapter that will orient you to key theoretical principles and evaluate how well those principles fit with your values and beliefs An opening and closing professional development essay written by a student, practitioner, or faculty member who is active within the counseling or psychology professions Multiple-choice practice tests for each chapter to reinforce important theories and concepts A comprehensive short-answer question review for each chapter Practice activities designed to help students experience and practice implementation of each theory Critical reflections on each theory Crossword puzzles to keep learning fun A glossary of key terms for each chapter Instructor Site: www.wiley.com/go/counselingtheories Student Resource Site: www.wiley.com/go/counselingtheories Our newest 3-panel psychology guide provides a detailed overview of counseling and psychotherapy. A perfect resource for psychology students or those already in the field, this

guide includes a complete overview of the different types of psychotherapy treatments; key definitions, methods, effects, and criticisms for each treatment are also provided.

Includes Practice Test Questions NCE Secrets helps you ace the National Counselor Examination, without weeks and months of endless studying. Our comprehensive NCE Secrets study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. NCE Secrets includes: The 5 Secret Keys to NCE Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; Comprehensive sections including: Erickson's Stages of Development, Jean Piaget's Theory of Development, Oedipus and Electra Complexes, Nature vs. Nurture, Maslow's Hierarchy of Needs, Spirituality and Personality Development, Neuropsychological Assessment, Anxiety and Mood Disorders, Substance-Related Disorders, Treatment Options for Cognitive Disorders, Generativity vs. Stagnation, Cultural Norms, Worldview, Acculturation, and Assimilation, Americans with Disabilities Act, Basic Facts about Suicide, Co-dependency, Active-Directive and Person-Centered Counseling Models, Basic Tenants of the Psychoanalytic Counseling Theory, Counselor/Client Relationship, Object Relations Theory, Rogerian and Gestalt Theories, Existential Therapy, Eric Berne's Transactional Therapy, Cognitive and Behavioral Counseling, and much more...

The School Counselor's Study Guide for Credentialing Exams is the only study guide on the market based on the ASCA School Counselor Competencies, CACREP Standards, NBCC NCSCE content requirements, and the NCATE and NBPTS Standards. Designed to help users build knowledge and skills that are transferrable to any test format, it can be used to prepare for the NCSCE, Praxis II School Counseling Specialty Exam, NBPTS School Counseling national certification exam, Comprehensive School Counselor Education program exams, and state certification exams for professional school counseling. Each chapter aligns with one of the eight CACREP content areas for school counseling and covers in depth the material necessary to succeed on any of the exams. Also included in each chapter are case scenarios, guided reflection questions, and actual exam practice questions. A full-length practice exam is provided at the end with answers and explanations for correct and incorrect responses. Additional resources include a glossary of important terms and lists of ethical codes and competencies for various school counseling related organizations. Students and professionals seeking a professional school counselor credential will find this to be an invaluable tool in their exam preparation.

Includes Practice Test Questions CPCE Secrets helps you ace the Counselor Preparation Comprehensive Examination, without weeks and months of endless studying. Our comprehensive CPCE Secrets study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. CPCE Secrets includes: The 5 Secret Keys to CPCE Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; Comprehensive sections including: Erickson's Stages of Development, Jean Piaget's Theory of Development, Oedipus and Electra Complexes, Nature vs. Nurture, Maslow's Hierarchy of Needs, Spirituality and Personality Development, Neuropsychological Assessment, Anxiety and Mood Disorders, Substance-Related Disorders, Treatment Options for Cognitive Disorders, Generativity vs. Stagnation, Cultural Norms, Worldview, Acculturation, and Assimilation, Americans with Disabilities Act, Basic Facts about Suicide, Co-dependency, Active-Directive and Person-Centered Counseling Models, Basic Tenants of the Psychoanalytic Counseling Theory, Counselor/Client Relationship, Object Relations Theory, Rogerian and Gestalt Theories, Existential Therapy, Eric Berne's Transactional Therapy, and much more...

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EXPAND AND REINFORCE YOUR UNDERSTANDING OF COUNSELING AND PSYCHOTHERAPY THEORIES This supplementary resource to Counseling and Psychotherapy Theories in Context and Practice, Second Edition will further deepen your understanding of three key components of counseling and psychotherapy theory and practice: self-awareness, knowledge, and application and skill development. This Study Guide offers: A pre-test and post-test in each chapter that will orient you to key theoretical principles and evaluate how well those principles fit with your values and beliefs An opening and closing professional development essay written by a student, practitioner, or

faculty member who is active within the counseling or psychology professions Multiple-choice practice tests for each chapter to reinforce important theories and concepts A comprehensive short-answer question review for each chapter Practice activities designed to help students experience and practice implementation of each theory Critical reflections on each theory Crossword puzzles to keep learning fun A glossary of key terms for each chapter Instructor Site: www.wiley.com/go/counselingtheories Student Resource Site: www.wiley.com/go/counselingtheories

Apply the major psychotherapy theories into practice with this comprehensive text *Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques*, 2nd Edition is an in-depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC features eleven videos—each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence-based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice-based evidence Showcasing the latest research, theory, and evidence-based practice in an engaging and relatable style, *Counseling and Psychotherapy Theories in Context and Practice* is an illuminating text with outstanding practical value.

The *School Counselor's Desk Reference and Credentialing Examination Study Guide*, Second Edition is the only study guide and desk reference on the market that covers the latest ASCA School Counselor Competencies, CACREP Standards, and the CAEP and NBPTS Standards. It effectively prepares students for the Praxis II Professional School Counseling exams (5421 & 0420), NBPTS School Counseling National Certification exam, School Counselor Preparation Comprehensive exams, and state-specific certification exams for the professional practice of school counseling. This revised volume is designed to build knowledge and skills through end-of-chapter practice tests, a full-length practice exam with exam answers and rationales, guided reflections, and case studies. Additional resources include a glossary of important terms and a list of commonly used acronyms within the profession.

Art Therapy Exam Secrets helps you ace the Art Therapy Exam, without weeks and months of endless studying. Our comprehensive Art Therapy Exam Secrets study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. *Art Therapy Exam Secrets* includes: The 5 Secret Keys to Art Therapy Test Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; A comprehensive content review including: Jean Piaget, Howard Gardner, Theory of Life Structure, Levinson Life Cycle Theory, Erik Erikson's Theory, D.W. Winnicott's Theory of Attachment, Sigmund Freud's Psychodynamic Theory, Speech and Language, Perceptual-Motor Skills, Rudolph Arnhem's Theories of Perception, Victor Lowenfeld, Rhoda Kellogg, Psychodynamic/Psychoanalytic Therapy, Kohut's Theory of Self Psychology, Freud's Psychoanalytic Theory, Displacement, Projection, Sublimation, Transference and Countertransference, Margaret Naumburg and Edith Kramer, Carl Jung, Structural Family Therapy (SFT), Hanna Kwiatkowska, The Kinetic Family Drawing Technique (KFD), Gestalt Therapy, Murray Bowen, Salvador Minuchin, Theory of Fritz Perls, Theory of B. F. Skinner, Crisis and Intervention, Anxiety, Domestic Violence, Metaphors, and much more...

"In keeping with person-centered theory and therapy, John and Rita Sommers-Flanagan have produced a book that will be immensely helpful for professionals who work with parents. Throughout the pages, there are many examples of practitioners honoring and respecting parents and listening deeply to how best be of help. I am delighted that this book continues to echo and expand on my father's work." —Natalie Rogers, PhD, REAT, author, *The Creative Connection* and *The Creative Connections for Groups* "Because parenting can be such a dizzying task, professionals working with parents need to have intelligible, compassionate, and ethical principles to guide their work. John and Rita Sommers-Flanagan have mastered this complex terrain, and we are fortunate, in this articulate and accessible book, to gain from their exceptional experience and wisdom." —Andrew Peterson, EdD, author, *The Next Ten Minutes: 51 Absurdly Simple Ways to Seize the Moment* Step-by-step guidance for building healthy dialogues with parents that open communication and promote positive outcomes Embracing the uniqueness of every parent, family situation, and practitioner, *How to Listen so Parents Will Talk and Talk so Parents Will Listen* helps professionals address the parent-child problems that families often find puzzling or challenging and for which they seek support and guidance. *How to Listen so Parents Will Talk and Talk so Parents Will Listen* features many specific interventions and methods for

helping parents implement developmentally appropriate and scientifically supported strategies for building healthy parent-child relationships and working through the most common conflicts encountered in families. It includes: Tips for creating a positive therapist-client experience with parents Guidelines for working with a variety of parents Parenting tip sheets and homework assignments Case studies focusing on many different parenting problems, including the strong-willed child, divorce, homework battles, spanking, and more How to Listen so Parents Will Talk and Talk so Parents Will Listen will help you develop positive relationships with parents so that constructive two-way dialogue can be established. Even the most difficult and resistant parents can be successfully engaged through the helpful strategies, advice, and tools found in this practical guide.

As of 2009, The Council of Accreditation and Counseling and Related Educational Programs (CACREP) mandated that all counseling programs must address trauma within their curriculum. Trauma Counseling, written by a Fulbright scholar who is internationally recognized for her work with traumatized populations in Rwanda, is designed to help counseling students and professionals approach and treat trauma survivors with confidence. In so doing, it not only fulfills but exceeds the requirements of CACREP standards. The text provides a comprehensive review of the many causes of trauma, including interpersonal violence, hate crimes, school violence, and war and terrorism. It includes evidence-based trauma counseling techniques and integrates the latest findings from neuropsychology and psychopharmacology. It also addresses macro-level issues such as community violence. This interdisciplinary textbook will be of tremendous use to graduate counseling students and professional counselors, as well as social workers, psychologists, and other human service providers. Key Topics: Trauma and context Trauma of loss, vulnerability, and interpersonal violence Intolerance and trauma of hate Large-scale trauma, crisis, and violence Community, school, and organizational violence Clinical assessment and treatment issues Other issues in trauma counseling

Becoming an Ethical Helping Professional takes mental health professionals on a wide-ranging tour of ethics—covering both the theoretical as well as practical aspects of providing sound, ethical care. A unique and comprehensive resource, this book challenges students and professionals to consider both the process and the content of making ethical choices as a helping professional.

"Practicum and internship courses are the most challenging and exciting components of a counselor's academic preparation. This hands-on text is the ideal resource for such students as they begin the process of translating counseling theory into effective clinical practice. The authors' clear, conversational approach not only orients students to the challenges of clinical training but also enhances their ability to learn from these experiences." "Translating Theory into Practice covers all aspects of counselor training, from the core relationships that are essential to professional development to workable suggestions on selecting a field site, managing cases, terminating with clients, and networking with other mental health professionals. Vignettes and sample dialogues highlight real-world ethical issues and counseling concerns. The text also includes relevant information on state licensing requirements and national standards as well as several major codes of ethics. With insights gleaned from years of both teaching and professional counseling practice, the authors equip students with the skills they need to reap the full benefits that practicum and internship afford" --Book Jacket.

Get to know the origins, development, and key figures of each major counseling theory This comprehensive text covers all the major theories in counseling and psychotherapy along with an emphasis on how to use these theoretical models in clinical practice. The authors cover the history, key figures, research base, multicultural implications, and practical applications of the following theoretical perspectives: Psychoanalytic, Individual/Adlerian, Existential, Gestalt, Person-Centered, Behavioral, Cognitive-Behavioral, Choice Theory/Reality Therapy, Feminist, Constructive, Family Systems, Multicultural, and Eclectic/Integrative. This text has case examples that bring each theory to life. The entire book has been updated with the latest research and techniques. Pedagogical features include learner objectives, "Putting It in Practice" boxes, questions for reflection, case examples and treatment planning, and chapter summaries. Every theory is examined from cultural, gender/sexual, and spiritual perspectives. The instructor supplement package includes a Respondus test bank, chapter outlines, supplemental lecture ideas, classroom activities, and PowerPoint slides. Video demonstrations corresponding to every major theory and linked to each chapter's contents. In addition, a WPLS course will be available after publication. Expanded video elements closely tied to sections of the text New visuals, including graphics, charts, and tables to facilitate student understanding of theories and how they relate to one another Increased coverage of multicultural and ethical issues in every chapter Cultural, gender, sexuality, and spiritual issues are integrated into every chapter The Sommers-Flanagan's hands-on, practical approach emphasizes how students and practitioners can apply these theories in real-world practice. Students are empowered to develop theoretically-sound and evidence-based approaches to conducting counseling and psychotherapy.

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Perfect for research assignments in psychology, science, and history, this concise study guide is a one-stop source for in-depth coverage of major psychological theories and the people who developed them. Consistently formatted entries typically cover the following: biographical sketch and personal data, theory outline, analysis of psychologist's place in history, summary of critical response to the theory, the theory in action, and more.

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