



**(Mindfulness-Based Cognitive Therapy Course)**

(mindfulness-based cognitive therapy; MBCT)



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1904300616-0	2019 9 <sup>月</sup> .22 ~10 <sup>月</sup> .20 10 <sup>月</sup> .6	10:00-13:00; 14:00-17:00	24
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MOP 3,300

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\* \* (9:00 - 20:00) (9:00 - 13:00) [ ]

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