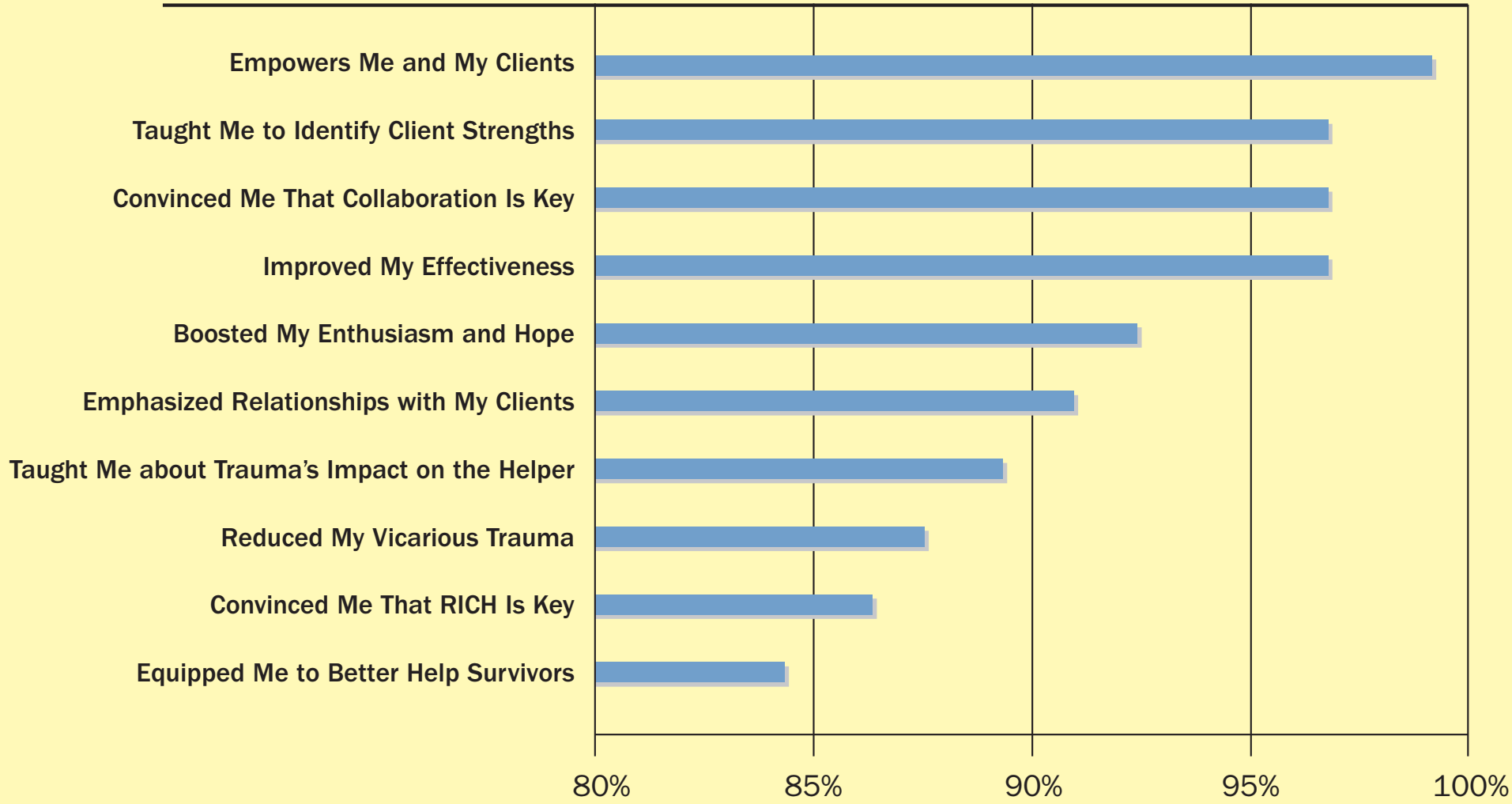According to Practicing Clinicians and Counselors, Risking Connection Training: