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Trauma-Informed Practices that Facilitate Growth Pages 16 It is important to have several foundational pieces of information that should underlie any and all meditation practices with dissociative clients.

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She is the author of Dissociation, Mindfulness and Creative Meditations: Trauma informed practices to facilitate growth (Routledge, 2017). Michael Salter, PhD is a Scientia Fellow at the University of New South Wales, where he studies complex trauma, gendered violence, technology-facilitated abuse and primary prevention.

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