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# CONTENT

## Electronic Book

“Year 2009—Mexico and the World: Economic Crisis and Mental Health, Recommendations.

SAPTEL

Sistema Nacional de Apoyo, Consejo Psicológico e Intervención en Crisis por Teléfono

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<http://www.saptel.org.mx/biblioteca.html>

### Seminar 01

- SAPTEL INTRODUCTION
- CONSTANT CONSTRUCTIVE CHALLENGING PROCESS: ‘CoCoChaPro’ (CONSTANTE CUESTIONAMIENTO CONSTRUCTIVO: ‘CoCuCo’)
- THE CONCEPT OF CRISIS

### Seminar 02

- HABITS AND CUSTOMS
- CONSCIOUSNESS AND VOLITION

### Seminar 03

- ASSERTIVENESS
- THE SOCIAL COMMITMENT MODEL

### Seminar 04

- THE CONCEPT OF TIME
- PLANNING
- THE CRITICAL PATH AND PUBLIC AUDIT
- IDEA-EMOTION LINK PROCESS

### Seminar 05

- LIFE PROYECT
- EMPOWERMENT
- ADEQUACY AND FUNCTIONALITY
- CERTIFICATION

### Seminar 06

- ELASTICITY AND FLEXIBILITY
- RESILIENCE PROCESS
- TO COPE AND TO SOLVE
- THE INFORMATION ECONOMY
- LIMITS AND LIMITATIONS
- THE CONCEPT OF ‘NO SOLUTION’

### Seminar 07

- LOSS AND GRIEF
- FORGIVENESS
- CREDIBILITY
- PROCRASTINATING OR DELAYING FOR SELF EVADE

### Seminar 08

- SOME REFLECTIONS ON VIOLENCE AND DELINQUENCY
- PHYSICAL AND EMOTIONAL STRENGTH
- COMMUNICATION LEVELS: SPEECH, FACIAL EXPRESSION AND BODY LANGUAGE.

### Seminar 09

- IF MENTAL AGE-MENTAL HISTORICAL CONSTRUCT: ‘MAG-MEHICO’ ÍNDICE DE EDAD MENTAL - CONSTRUCTO HISTÓRICO MENTAL: ‘EME-COHIME

### Seminar 10

- STRESS
- CONSEQUENCES OF ERRORS IN THE POST-POST MODERNITY
- TRAUMA
- CHRONIC SEVERE FRUSTRATION
- THE FREEDOM PROCESS

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