

aba therapy vs behavioral therapy

ABA Therapy vs Behavioral Therapy: A Comprehensive Comparison

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(Dr. Miller is a highly respected figure in the field of ABA and has extensive experience editing publications focused on behavioral therapies.)

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Introduction:

The terms “ABA therapy” and “behavioral therapy” are often used interchangeably, leading to confusion. While closely related, they represent distinct approaches to understanding and modifying behavior. This article aims to clarify the differences and similarities between ABA therapy vs behavioral therapy, exploring their applications, methodologies, and effectiveness. Understanding the nuances of each approach is crucial for parents, educators, and clinicians seeking the best intervention for individuals facing behavioral challenges.

What is Behavioral Therapy?

Behavioral therapy encompasses a broad range of therapeutic techniques based on the principles of learning theory. It focuses on identifying maladaptive behaviors and replacing them with more adaptive ones. This is achieved through various methods, including classical conditioning, operant conditioning, and social learning theory. The core principle is that behaviors are learned and, therefore, can be unlearned or modified. Different forms of behavioral therapy exist, including:

Cognitive Behavioral Therapy (CBT): CBT focuses on the interplay between thoughts, feelings, and behaviors. It helps individuals identify and challenge negative thought patterns contributing to problematic behaviors.

Dialectical Behavior Therapy (DBT): DBT is specifically designed for individuals with borderline personality disorder, focusing on emotional regulation, distress tolerance, and interpersonal effectiveness.

Exposure Therapy: Used to treat anxiety disorders, this involves gradually exposing individuals to feared stimuli or situations.

What is ABA Therapy?

Applied Behavior Analysis (ABA) therapy is a specific type of behavioral therapy. It's a highly structured, data-driven approach that uses the principles of learning theory to understand and change behavior. Unlike the broader umbrella of behavioral therapy, ABA is rigorously defined by its application and methodology. Key features of ABA therapy vs behavioral therapy include:

- Functional Behavior Assessment (FBA): ABA begins with a thorough FBA to identify the antecedents (triggers), behaviors, and consequences maintaining a problem behavior. This analysis forms the foundation for developing an effective intervention plan.
- Behavior Intervention Plan (BIP): Based on the FBA, a BIP outlines specific strategies to decrease problem behaviors and increase desired behaviors. This plan uses positive reinforcement, shaping, prompting, and other techniques.
- Data-Driven Approach: ABA emphasizes continuous data collection and analysis to monitor progress and make adjustments to the intervention as needed. This ensures that the therapy is effective and tailored to the individual's needs.
- Focus on Skill Acquisition: ABA aims not only to reduce problem behaviors but also to teach new skills, enhancing independence and overall functioning.

Comparing ABA Therapy vs Behavioral Therapy:

While ABA therapy is a subset of behavioral therapy, key differences exist:

Feature	ABA Therapy	Behavioral Therapy
Scope	Specific type of behavioral therapy	Broad range of approaches
Methodology	Highly structured, data-driven, FBA & BIP driven	Varies widely depending on the specific approach
Focus	Functional analysis, skill acquisition, data-based decision making	Addressing maladaptive behaviors, improving mental health
Measurement	Rigorous data collection and analysis	May or may not involve formal data collection
Application	Often used in autism spectrum disorder, intellectual disabilities	Wide range of applications, including anxiety, depression, OCD

ABA Therapy vs Behavioral Therapy: Applications

ABA therapy is most commonly used to treat individuals with autism spectrum disorder (ASD), intellectual disabilities, and other developmental delays. Its structured approach and emphasis on

skill acquisition make it particularly effective in these populations.

Behavioral therapy, encompassing various methods, finds application across a broader spectrum of mental health conditions, including anxiety disorders, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and substance abuse.

Evidence-Based Practices:

Both ABA therapy vs behavioral therapy are considered evidence-based practices, meaning their effectiveness has been supported by research. However, the level of empirical support varies depending on the specific approach within behavioral therapy. ABA, due to its rigorous methodology and extensive research base, has a particularly strong evidence base for its effectiveness in treating ASD.

Choosing the Right Therapy:

The choice between ABA and other behavioral therapies depends on several factors, including:

Diagnosis: The specific diagnosis and presenting problems will significantly influence the most appropriate intervention.

Individual needs: Some individuals may benefit more from the structured approach of ABA, while others may find another form of behavioral therapy more suitable.

Therapist expertise: Selecting a qualified and experienced therapist is crucial regardless of the chosen therapy.

Conclusion:

While all ABA therapies are behavioral therapies, not all behavioral therapies are ABA. The key difference lies in the structured, data-driven approach of ABA, its emphasis on functional behavior assessment, and its application in specific populations. Understanding the nuances of ABA therapy vs behavioral therapy is vital for making informed decisions about treatment options. Both approaches offer valuable tools for understanding and modifying behavior, and the optimal choice depends on the individual's specific needs and the expertise of the clinician. A collaborative approach, involving parents, educators, and therapists, is crucial for maximizing the effectiveness of any behavioral intervention.

FAQs:

1. Is ABA therapy only for children with autism? While ABA is commonly used for autism, it can benefit individuals with other developmental disabilities and behavioral challenges.

1. Is ABA therapy painful or aversive? Modern ABA practices strictly avoid aversive techniques. Positive reinforcement methods are the cornerstone of effective ABA therapy.

1. How long does ABA therapy take? The duration varies greatly depending on individual needs and goals. Some individuals may require short-term interventions, while others may benefit from ongoing support.
1. What are the potential side effects of ABA therapy? Side effects are rare when ABA is practiced ethically and competently. Potential challenges can include therapist burnout if not managed appropriately.
1. How much does ABA therapy cost? The cost varies significantly depending on location, intensity of services, and insurance coverage.
1. What is the difference between discrete trial training (DTT) and naturalistic teaching strategies within ABA? DTT is a more structured approach, while naturalistic teaching integrates learning opportunities into everyday routines.
1. Can ABA therapy be used at home? Yes, many ABA programs incorporate home-based interventions.
1. What qualifications should I look for in an ABA therapist? Look for Board Certified Behavior Analysts (BCBAs) or Board Certified Assistant Behavior Analysts (BCaBAs).
1. How can I find an ABA therapist near me? You can search online directories of ABA providers or contact your local autism organizations.

Related Articles:

1. The Effectiveness of ABA Therapy in Treating Autism: This article will review the scientific evidence supporting the effectiveness of ABA in improving communication, social skills, and adaptive behaviors in individuals with autism.

1. **Ethical Considerations in ABA Therapy:** This article explores the ethical considerations surrounding ABA therapy, such as informed consent, the use of aversive procedures, and cultural sensitivity.

1. **ABA Therapy and Early Intervention:** This article highlights the benefits of early intervention using ABA therapy for young children with autism and other developmental delays.

1. **Comparison of ABA Therapy and Other Autism Interventions:** This article compares ABA to other common autism interventions, such as speech therapy, occupational therapy, and sensory integration therapy.

1. **Parent Training in ABA Therapy:** This article details how parents can actively participate in their child's ABA treatment plan.

1. **The Role of Data Collection in ABA Therapy:** This piece emphasizes the importance of data collection in making data-driven decisions within the ABA therapeutic approach.

1. **Addressing Challenging Behaviors with ABA Therapy:** This article provides strategies for effectively managing challenging behaviors, such as aggression, self-injury, and tantrums, using ABA principles.

1. **The Future of ABA Therapy:** This explores the latest advancements in ABA research and how these findings are impacting clinical practice.

1. **Integrating ABA Therapy with Other Therapies:** This article explores the benefits of a collaborative approach, combining ABA with other therapeutic modalities such as speech therapy and occupational therapy.

aba therapy vs behavioral therapy: *Handbook of Childhood Psychopathology and Developmental Disabilities Treatment* Johnny L. Matson, 2018-02-14 This handbook explores the rapid growth in childhood developmental disabilities (DD) treatments. It reviews current evidence-based treatments for common psychopathologies and developmental disorders and evaluates the strengths of the treatments based on empirical evidence. Spanning infancy through the transition to young adulthood, chapters provide definitions, etiologies, prevalence, typical presentation and variants, assessment and diagnostic information, and age considerations. Chapters also review established and emerging psychological approaches and pharmacotherapies for cognitive, behavioral, emotional, medical, academic, and developmental issues as diverse as mood disorders, the autism spectrum, memory problems, feeding disorders, Tourette syndrome, and migraines. The wide range of topics covered aids practitioners in working with the complexities of young clients' cases while encouraging further advances in an increasingly relevant field. Topics featured in this handbook include: An introduction to Applied Behavior Analysis. Parent training interventions. Treatment strategies for depression in youth. Assessment and treatment of self-injurious behaviors in children with DD. Treatment approaches to aggression and tantrums in children with DD. Interventions for children with eating and feeding disorders. The Handbook of Childhood Psychopathology and Developmental Disabilities Treatment is a must-have resource for researchers, graduate students, clinicians, and related therapists and professionals in clinical child and school psychology, pediatrics, social work, developmental psychology, behavioral therapy/rehabilitation, child and adolescent psychiatry, and special education.

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aba therapy vs behavioral therapy: Verbal Behavior B. F. Skinner, 2014-05-26 In 1934, at the age of 30, B. F. Skinner found himself at a dinner sitting next to Professor Alfred North Whitehead. Never one to lose an opportunity to promote behaviorism, Skinner expounded its main tenets to the distinguished philosopher. Whitehead acknowledged that science might account for most of human behavior but he would not include verbal behavior. He ended the discussion with a challenge: Let me see you, he said, account for my behavior as I sit here saying, 'No black scorpion is falling upon this table.' The next morning Skinner began this book. It took him over twenty years to complete. This book extends the laboratory-based principles of selection by consequences to account for what people say, write, gesture, and think. Skinner argues that verbal behavior requires a separate analysis because it does not operate on the environment directly, but rather through the behavior of other people in a verbal community. He illustrates his thesis with examples from literature, the arts, and sciences, as well as from his own verbal behavior and that of his colleagues and children. Perhaps it is because this theoretical work provides a way to approach that most human of human behavior that Skinner often called Verbal Behavior his most important work.

aba therapy vs behavioral therapy: Ethics for Behavior Analysts Jon Bailey, Mary Burch, 2006-04-21 Behavior analysis, a rapidly growing profession, began with the use and application of conditioning and learning techniques to modify the behavior of children or adults presenting severe management problems, often because of developmental disabilities. Now behavior analysts work in a variety of settings, from clinics and schools to workplaces. Especially since their practice often involves aversive stimuli or punishment, they confront many special ethical challenges. Recently, the Behavior Analysis Certification Board codified a set of ten fundamental ethical guidelines to be followed by all behavior analysts and understood by all students and trainees seeking certification. This book shows readers how to follow the BACB guidelines in action. The authors first describe core ethical principles and then explain each guideline in detail, in easily comprehensible, everyday language. The text is richly illuminated by more than a hundred vivid case scenarios about which the authors pose, and later answer questions for readers. Useful appendices include the BACB Guidelines, an index to them, practice scenarios, and suggested further reading. Practitioners, instructors, supervisors, students, and trainees alike will welcome this invaluable new aid to professional development.

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aba therapy vs behavioral therapy: Cognitive-Behavioral Play Therapy Susan M. Knell, 1995-10-01 Cognitive-Behavioral Play Therapy (CBPT) incorporates cognitive and behavioral interventions within a play therapy paradigm. It provides a theoretical framework based on cognitive-behavioral principles and integrates these in a developmentally sensitive way. Thus, play as well as verbal and nonverbal approaches are used in resolving problems. CBPT differs from nondirective play therapy, which avoids any direct discussion of the child's difficulties. A specific problem-solving approach is utilized, which helps the child develop more adaptive thoughts and behaviors. Cognitive-behavioral therapies are based on the premise that cognitions determine how people feel and act, and that faulty cognitions can contribute to psychological disturbance. Cognitive-behavioral therapies focus on identifying maladaptive thoughts, understanding the assumptions behind the thoughts, and learning to correct or counter the irrational ideas that interfere with healthy functioning. Since their development approximately twenty-five years ago, such therapies have traditionally been used with adults and only more recently with adolescents and children. It has commonly been thought that preschool-age and school-age children are too young to understand or correct distortions in their thinking. However, the recent development of CBPT reveals that cognitive strategies can be used effectively with young children if treatments are adapted in order to be developmentally sensitive and attuned to the child's needs. For example, while the methods of cognitive therapy can be communicated to adults directly, these may need to

be conveyed to children indirectly, through play activities. In particular, puppets and stuffed animals can be very helpful in modeling the use of cognitive strategies such as countering irrational beliefs and making positive self-statements. CBPT is structured and goal oriented and intervention is directive in nature.

aba therapy vs behavioral therapy: *Parent Management Training* Alan E. Kazdin, 2008-12 Among evidence-based therapies for children and adolescents with oppositional, aggressive, and antisocial behavior, parent management training (PMT) is without peer; no other treatment for children has been as thoroughly investigated and as widely applied. Here, Alan E. Kazdin brings together the conceptual and empirical bases underlying PMT with discussions of background, principles, and concepts, supplemented with concrete examples of the ways therapists should interact with parents and children. The second half of the book is a PMT treatment manual. The manual details the particulars of the therapy: what is done to and by whom, what the therapist should say, and what to expect at each stage of treatment. It also contains handouts, charts, and aides for parents. A companion website (www.oup.com/us/pmt) provides additional resources for clinicians.

aba therapy vs behavioral therapy: *Applied Behavior Analysis for Children with Autism Spectrum Disorders* Johnny L. Matson, 2009-09-18 Autism was once thought of as a rare condition, until the Centers for Disease Control and Prevention's Autism and Developmental Disabilities Monitoring Network released the statistic that about 1 in every 150 eight-year-old children in various areas across the United States is afflicted by an autism spectrum disorder, or ASD. This news led to a dramatic expansion of research into autism spectrum disorders and to the emergence of applied behavior analysis (ABA) as the preferred method of treatment, even among prescribing practitioners. *Applied Behavioral Analysis for Children with Autism Spectrum Disorders* ably synthesizes research data and trends with best-practice interventions into a comprehensive, state-of-the-art resource. Within its chapters, leading experts review current ABA literature in depth; identify interventions most relevant to children across the autism spectrum; and discuss potential developments in these core areas: Assessment methods, from functional assessment to single case research designs. Treatment methods, including reinforcement, replacement behaviors, and other effective strategies. The role of the differential diagnosis in ABA treatment planning. Specific deficit areas: communication, social skills, stereotypies/rituals. Target behaviors, such as self-injury, aggression, adaptive and self-help problems. ASD-related training concerns, including maintenance and transition issues, and parent training programs. This volume is a vital resource for researchers, graduate students, and professionals in clinical child and school psychology as well as the related fields of education and mental health.

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behaviour, but instead on helping children and families build positive experiences to counteract the stress and pressure felt by everybody when you're working, or living, with a child who has behavioural challenges. Accessible, practical, warmly supportive and steeped in research and clinical expertise, *Beyond Behaviours* offers a break-through book which guides us - parents and caregivers alike - to the realisation that the most important tool in our toolkit is always our connection with the child standing in front of us.

aba therapy vs behavioral therapy: Acceptance and Commitment Therapy Steven C. Hayes, Jason Lillis, 2012 Acceptance and Commitment Therapy (ACT) is a unique empirically-based psychological intervention that uses acceptance and mindfulness processes, and commitment and behaviour change processes to produce psychological flexibility. Steven C. Hayes, who helped develop ACT, and co-author Jason Lillis provide an overview of ACT's main influences and its basic principles. In this succinct and understandable survey, the authors show how ACT illuminates the ways that language encourages unhelpful skirmishing in clients' psychic lives, and how to use ACT to help clients accept private experiences, become more mindful of thoughts, develop greater clarity about personal values, and commit to needed behaviour change. The latest edition in the *Theories of Psychotherapy Series*. Acceptance and Commitment Therapy examines the therapy's history and process, evaluates the therapy's evidence base and effectiveness, and suggests future directions in the therapy's development..

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aba therapy vs behavioral therapy: The Verbal Behavior Approach Mary Lynch Barbera, 2007-05-15 The Verbal Behavior (VB) approach is a form of Applied Behavior Analysis (ABA), that is based on B.F. Skinner's analysis of verbal behavior and works particularly well with children with minimal or no speech abilities. In this book Dr. Mary Lynch Barbera draws on her own experiences as a Board Certified Behavior Analyst and also as a parent of a child with autism to explain VB and how to use it. This step-by-step guide provides an abundance of information about how to help children develop better language and speaking skills, and also explains how to teach non-vocal children to use sign language. An entire chapter focuses on ways to reduce problem behavior, and there is also useful information on teaching toileting and other important self-help skills, that would benefit any child. This book will enable parents and professionals unfamiliar with the principles of ABA and VB to get started immediately using the Verbal Behavior approach to teach children with autism and related disorders.

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themselves. Evidence-Based CBT for Anxiety and Depression in Children and Adolescents works to improve the quality of therapists working in this area, and, as a result, the quality of treatment that many young people receive.

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aba therapy vs behavioral therapy: Behavior Therapy William O'Donohue, Akihiko Masuda, 2022-10-17 This book provides a comprehensive overview of first, second, and third wave behavior therapies, comparing and contrasting their relative strengths and weaknesses. Recent discussion and research has focused intently on third wave behavior therapies, in particular Dialectical Behavior Therapy and Acceptance and Commitment Therapy (ACT). This is in contrast with first wave behavior therapies (what today might be called applied behavior analysis or clinical behavior therapy) and second wave behavior therapies brought about by the "cognitive revolution". The editors aim to provide a fuller understanding of this psychotherapeutic paradigm, tracking how behavior therapies have evolved through history and various paradigm shifts in the field. To this end, the book is organized into five sections covering: Introduction to the three waves of behavior therapy Assessment and measurement strategies Comparative issues and controversies Applications of the three waves of behavior therapy to 7 major disorders: anxiety, depression, obesity, psychosis, substance abuse, ADHD, and chronic pain Implications of and future directions for behavior therapies This volume provides a useful perspective on the evolution of cognitive behavior therapy that will inform the study and practice of a variety of mental health professionals.

aba therapy vs behavioral therapy: Model Rules of Professional Conduct American Bar Association. House of Delegates, Center for Professional Responsibility (American Bar Association), 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

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aba therapy vs behavioral therapy: Clinical and Organizational Applications of Applied Behavior Analysis Henry S. Roane, Joel E. Ringdahl, Terry S. Falcomata, 2015-06-20 Applied behavior analysts use applied research to create and implement effective evidence-based procedures in schools, homes, and the community, which have proved effective in addressing behaviors associated with autism and other developmental disorders. The principles underlying this therapeutic approach have been increasingly effective when applied to other populations, settings, and behaviors. Clinical and Organizational Applications of Applied Behavior Analysis explores data-based decision-making in depth to inform treatment selection for behavior change across various populations and contexts. Each chapter addresses considerations related to data collection, single-case research design methodology, objective decision-making, and visual inspection of data. The authors reference a range of published research methods in the area of applied behavior analysis (ABA) as it has been applied to specific topics, as well as utilizing their own clinical work by providing numerous case examples. - Reviews current evidence-based practices to provide a comprehensive guide to the application of ABA principles across a range of clinical contexts and applications - Divides clinical applications into three sections for ease-of-use: child, adult, and broad-based health - Explores the breadth of ABA-based treatment beyond autism and developmental disorders - Draws upon a range of subject-matter experts who have clinical and research experience across multiple uses of ABA

aba therapy vs behavioral therapy: *Behavioral Sport Psychology* James K. Luiselli, Derek D. Reed, 2011-07-25 Sport psychology is a topic of growing interest. Many professionals read journals such as The International Journal of Sports, Journal of Sport Behavior, Journal of Applied Sport Psychology, Research Quarterly for Exercise and Sport, and The Sport Psychologist. In August 2008, Monitor on Psychology, the monthly publication of the American Psychological Association (APA),

featured a special issue on sport psychology. Indeed, Division 47 of APA is devoted to the scientific, educational, and clinical foundations of exercise and sport psychology. The North American Society for the Psychology of Sport and Physical Activity (NASPSPA) and the Association for the Advancement of Applied Sport Psychology (AAASP) convene conferences each year to present scientific findings and new developments in a rapidly expanding field. The AAASP and other organizations also qualify professionals as certified sport and exercise psychology consultants. Finally, a visit to any bookstore will reveal the lay public's fascination with sports, as revealed in numerous self-help books and guides to perfecting athletic performance. Behavioral psychologists have studied sport psychology for more than three decades (Martin, Thompson, & Regehr, 2004). Applied behavior analysis (ABA), in particular, has been an instrumental approach to behavioral coaching in many sports, including baseball (Osborne, Rudrud, & Zezoney, 1990), basketball (Pates, Cummings, & Maynard, 2002), figure skating (Ming & Martin, 1996), football (Ward & Carnes, 2002), golf (Pates, Oliver, & Maynard, 2001), ice hockey (Rogerson & Hrycaiko, 2002), soccer (Brobst & Ward, 2002), swimming (Hume & Crossman, 1992), and tennis (Allison & Ayllon, 1980). ABA stresses the application of learning theory principles, objective measurement of athletic skills, controlled outcome evaluation, and socially significant behavior-change. Cognitive behavior therapy, or CBT, also has been a dominant approach to psychological intervention in sports (Meyers, Whelan, & Murphy, 1996; Weinberg & Comar, 1994). CBT addresses athletic performance through cognitive-change methods combined with behavioral practice and environmental modifications. The purpose of the book described in this proposal is to compile the most recent experimental and applied research in behavioral sport psychology. Several journal articles have reviewed critical dimensions of behavioral sport psychology (Martin et al., 2004; Martin, Vause, & Schwartzman, 2005) but no book has covered the topic with an emphasis on ABA and CBT methodology and practice. Accordingly, *Behavioral Sport Psychology: Evidence-Based Approaches to Performance Enhancement* is a first of its kind volume.

aba therapy vs behavioral therapy: *Handbook of Applied Behavior Analysis for Children with Autism* Johnny L. Matson, 2023-06-07 The handbook examines the latest advancements in applied behavior analysis (ABA) as the preferred method of treatment for children diagnosed with autism spectrum disorder (ASD). It synthesizes the most current research data and trends with best-practice interventions to form a comprehensive, state-of-the-art resource. The handbook reviews ABA research and practices in depth and identifies the interventions most relevant to children across the autism spectrum. Key areas of coverage include: Foundations of applied behavior analysis. ABA treatments for disorders comorbid with autism spectrum disorder. Functional assessment for children with autism. Operational definitions as well as observing and recording data for children with autism. The relationship of measures of psychopathology and applied behavior analysis. Transitioning across tasks for children with autism, including toe walking, feeding problems, and self-help issues. Anxiety, depression, and ADHD in children with autism. The *Handbook of Applied Behavior Analysis for Children with Autism* is an essential reference for researchers, clinicians and graduate students as well as clinicians, therapists, and other practitioners across such interrelated disciplines as clinical child, school, and developmental psychology, child and adolescent psychiatry, social work, rehabilitation medicine/therapy, pediatrics, and special education.

aba therapy vs behavioral therapy: Behavioral Interventions in Cognitive Behavior Therapy Richard F. Farmer, Alexander Lawrence Chapman, 2016 This book offers a detailed, step-by-step guide to behavioral interventions in cognitive behavior therapy (CBT). This fully updated edition features new chapters on enhancing interpersonal effectiveness, emotion regulation, and navigating difficult therapeutic challenges.

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