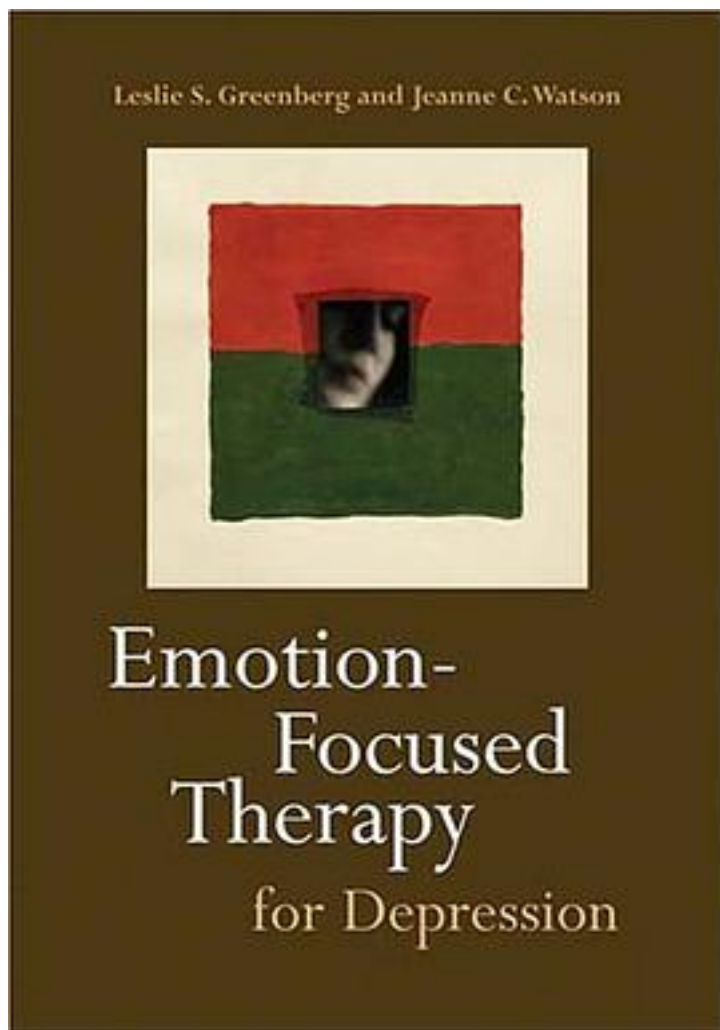


# Emotion-focused Therapy for Depression



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A practical manual for the emotion-focused treatment (EFT) of depression. With

originality and thoroughness, the authors discuss the nature of depression and its treatment, examine the role of emotion, present a schematic model of depression and an overview of the course of treatment, and suggest who might benefit. Includes valuable case examples of the moment by moment process demonstrating how to leverage emotional awareness and thus bring about change.

作者介绍:

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