

Cognitive-behavioral Therapy for Depression



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"Cognitive-Behavioral Therapy for Depression" provides an overview of the established core techniques and strategies for using CBT with depression while drawing together the latest research and soundest thinking in the field today. Unique to this volume is the coverage of a variety of manualized approaches to therapy, allowing for CBT to be applied in a flexibly modular fashion. With an emphasis on practical guidelines to established therapeutic techniques and treatment strategies, illustrated through a number of case examples, this book provides clinical insight into how to apply it in a meaningful way to the broadly varying forms of depression.

作者介绍:

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