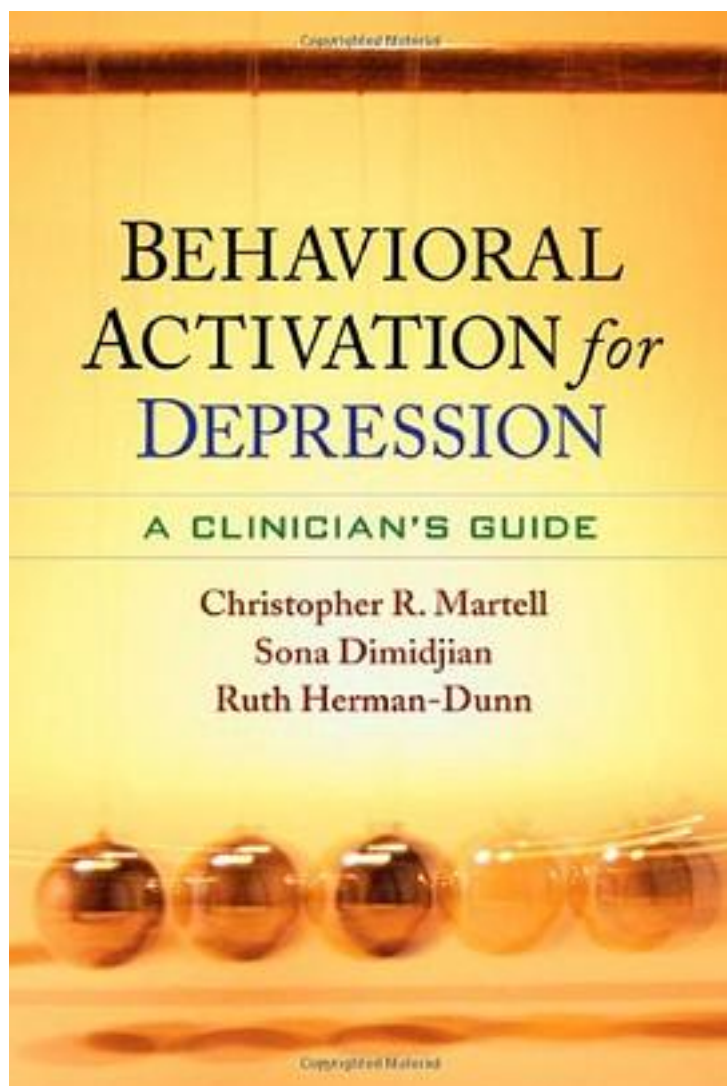


Behavioral Activation for Depression



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著者: Martell, Christopher R.; Dimidjian, Sona; Herman-Dunn, Ruth

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From leading experts with a decade of experience in research and clinical practice in behavioral activation (BA), this book provides empirically tested tools for helping clients overcome depression by becoming active and engaged in their lives. BA is a stand-alone treatment whose principles can be integrated easily with other approaches that therapists already use. Step-by-step guidelines are presented for identifying individualized treatment targets, monitoring and scheduling "antidepressant" activities - experiences that are likely to be rewarding and pleasurable - and decreasing avoidance and ruminative thinking. Rich clinical illustrations include an extended case example that runs throughout the book. More than 20 activity planning forms, worksheets, and other reproducible materials are featured.

作者介绍:

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标签

心理咨询

行为激活

抑郁症

自助治疗

评论

After reading all the books on CBT, this gem refocused my attention on reducing rumination and engaging life with meaningful activities.

Stop ruminating and let your hands teach your head.

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书评

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