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Titolo	Coping with the seasons [[electronic resource]] : a cognitive-behavioral approach to seasonal affective disorder : workbook // Kelly J. Rohan
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2009
ISBN	0-19-023011-8 1-281-86831-0 9786611868314 0-19-971225-5
Descrizione fisica	1 online resource (113 p.)
Collana	Treatments that work
Disciplina	616.85270651
Soggetti	Seasonal affective disorder - Treatment Cognitive therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Welcome!; Session 1 Introduction to the Group; Session 2 Symptoms, Prevalence, and Causes of SAD; Session 3 How Activities Relate to Mood and Thoughts; Session 4 Doing More to Feel Better; Session 5 What You Think Influences How You Feel; Session 6 Cognitive Distortions; Session 7 Evaluating Your Automatic Thoughts; Session 8 Rational Responses; Session 9 Core Beliefs; Session 10 Evaluating Your Core Beliefs; Session 11 Maintaining Your Gains and Relapse Prevention; Session 12 Review and Farewell; Weekly Pleasant Activities Plans; Thought Diaries; Automatic Thought Questioning Forms Core Belief Worksheets
Sommario/riassunto	This workbook presents an evidence-based group treatment for SAD. In 12 sessions over 6 weeks, participants learn the traditional CBT elements of behavioural activation and cognitive restructuring to improve coping with the winter season.