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Titolo	Self-management of depression : a manual for mental health and primary care professionals / / Albert Yeung, Greg Feldman, Maurizio Fava [[electronic resource]]
Pubbl/distr/stampa	Cambridge : , : Cambridge University Press, , 2010
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Descrizione fisica	1 online resource (x, 206 pages) : digital, PDF file(s)
Collana	Cambridge medicine Self-management of depression
Disciplina	616.85/2706
Soggetti	Depression, Mental - Treatment Self-care, Health
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Title from publisher's bibliographic system (viewed on 05 Oct 2015).
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The use of self-management for depression -- Care management of depression : treatment of depression in primary care and the need for a multidisciplinary approach -- Self-assessment instruments for depression -- Self-help : the role of bibliotherapy and computerized psychotherapy in self-management for depression -- Physical exercise as a form of self-management for depression -- Self-management of depression using meditation -- Cultivating social support : the role of peer support in self-management -- Putting it all together : applying self-management for depression in your practice.
Sommario/riassunto	With growing access to health information, people who suffer from depression are increasingly eager to play an active role in the

management of their symptoms. The goal of self-management is to support patients in monitoring and managing their symptoms and provide them with additional resources to promote recovery, enhance quality of life, and prevent relapse. For clinicians, self-management holds promise for improving practice efficiency and efficacy by helping patients maximize their improvement outside of treatment sessions. Self-Management of Depression is written for clinicians who wish to empower their patients to take more active steps to manage depression. Chapters cover care management, self-assessment, exercise, self-help books and computer programs, meditation, and peer-support groups and strategies for how to incorporate self-management into a treatment plan are described. Reproducible handouts to support patients are also available online. This book is relevant to clinical psychologists, psychiatrists, psychiatric nurses, social workers and primary care physicians.
