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Titolo	Overcoming depression [[electronic resource]] : a cognitive therapy approach : workbook / / Mark Gilson ... [et al.]
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Collana	Treatments that work
Altri autori (Persone)	GilsonMark
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Nota di contenuto	Contents; Chapter 1 Overview; Chapter 2 Beginning Questions and Answers; Chapter 3 The Theory and Practice of Cognitive Therapy; Chapter 4 Understanding Your Body: The B of the BEAST; Chapter 5 Understanding the Impact of Emotion: The E of the BEAST; Chapter 6 Taking Action: The A of the BEAST; Chapter 7 Life Situations and Vulnerability: The S of the BEAST; Chapter 8 Thoughts and Depression: The T of the BEAST; Chapter 9 Relapse Prevention; Chapter 10 Final Words of Hope; Appendix of Forms
Sommario/riassunto	This workbook is designed to help you as you work together with a qualified mental health professional to overcome your depression. The program described will help you develop a set of coping strategies and skills so that you can proactively deal with depression and prevent it from compromising your quality of life. Based on the idea that depression is a ""beast"" to be tamed, the treatment utilizes an acronym to help you understand the goals of treatment. You will work with your therapi