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Nota di bibliografia	Includes bibliographical references (p. 260-280) and index.
Nota di contenuto	Contents; Acknowledgments; Introduction; 1 Integrative Relational Therapy with Depressed Women: Basic Assumptions; 2 Why Are So Many Women Depressed?; 3 What Can We Learn from Treatment Outcome Studies?; 4 The Therapeutic Relationship and Special Issues with Women; 5 Assessment: Philosophy and Standards of Care; 6 Assessment: Case Conceptualization; 7 Safety; 8 Activation; 9 Connection: Part I; 10 Connection: Part II; 11 Meaning; 12 Relapse Prevention; 13 When the Client Is Not Improving; 14 Therapist Self-Care; Appendix A; References; Author's Note; Index
Sommario/riassunto	In her newest book, Simonds presents ""Integrative Relational Therapy,"" her unique nonpathologizing approach to psychotherapy with depressed women. IRT integrates empirically-supported therapies, feminist theories of depression, creative arts therapies, and mindfulness-based techniques into a cohesive model that addresses the gender and cultural factors contributing to women's depression. The book also addresses relapse prevention, reproductive-related

events, special medication issues for women, and the latest research on alternative remedies. A unique feature of the book includes three conc