

1. Record Nr.	UNINA9910782806903321
Titolo	Overcoming depression [[electronic resource]] : a cognitive therapy approach : therapist guide // Mark Gilson ... [et al.]
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2009
ISBN	0-19-988516-8 0-19-024192-6 1-282-05354-X 9786612053542 0-19-972469-5
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (222 p.)
Collana	Treatments that work
Altri autori (Persone)	GilsonMark
Disciplina	616.8527
Soggetti	Depression, Mental - Treatment Cognitive therapy
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; Chapter 1 Introductory Information for Therapists; Chapter 2 Assessment of Depression; Chapter 3 Socialization; Chapter 4 Biology; Chapter 5 Emotions; Chapter 6 Activity; Chapter 7 Life Situations and Vulnerability; Chapter 8 Thoughts; Chapter 9 Relapse Prevention; Chapter 10 Ending Treatment; Appendix of Forms; Medications Chart; References; About the Authors
Sommario/riassunto	This therapist guide describes a cognitive-behavioral family intervention for obsessive compulsive disorder (OCD) in young children (ages 5-8). Both parents and children are taught ""tools"" to help them understand, manage and reduce OCD symptoms. Exposure with response prevention (E/RP) is the main component of treatment. In E/RP, the patient is exposed to the feared situation, and the usual response (i.e. the ritual or avoidance behavior) is prevented until anxiety decreases. The corresponding workbook for families reviews skills learned in therapy and includes forms and instructions for ho