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| | Nota di contenuto | Cover; Contents; Contributors; Foreword; Acknowledgements; CH 1. Alternative Treatments of Depression: Points of Convergence and Divergence; CH 2. Treatment for Depression: What the Research Says; CH 3. Cultural Considerations for Understanding, Assessing and Treating Depressive Experience and Disorder; CH 4. The Case of Nancy; CH 5. Individual Psychology of Depression; CH 6. An Object Relations View of Depression; CH 7. A Self Psychology Approach for Depression; CH 8. Supportive-Expressive Psychodynamic Therapy for Depression; CH 9. Behaviourial Therapy of Depression |
| | | CH 10. Rational-Emotive Behaviour Therapy for Depression: Achieving Unconditional Self-AcceptanceCH 11. Cognitive Therapies of Depression: A Modularized tratment Approach; CH 12. Schema-Focused Therapy for Depression; CH 13. Interpersonal Psychotherapy; CH 14. Couple and Family Therapy; CH 15. Integrative Conceptualization and Treatment of Depression; CH 16. Psychopharmacology of Major Depression; CH 17. Comparative Treatments of Depression: Entering the Zen Garden; Appendix; Index |
| | Sommario/riassunto | Compares and contrasts alternative models of and treatment |

approaches to clinical depression. This book analyzes a case and provides: an overview of the treatment model; empirical evidence for both the model and treatment derived from it; and, treatment strategies and interventions, including termination issues and relapse prevention.