

1. Record Nr.	UNINA9910455098003321
Autore	Martell Christopher R
Titolo	Behavioral activation for depression [[electronic resource]] : a clinician's guide // Christopher R. Martell, Sona Dimidjian, and Ruth Herman-Dunn
Pubbl/distr/stampa	New York, : Guilford Press, c2010
ISBN	1-4625-0126-5 1-282-49011-7 9786612490118 1-60623-517-6
Descrizione fisica	1 online resource (238 p.)
Altri autori (Persone)	DimidjianSona Herman-DunnRuth
Disciplina	616.85/27
Soggetti	Depression, Mental - Treatment Behavior therapy Electronic books.
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 and index.
Nota di contenuto	Front Matter; Contents; Chapter 1; Chapter 2; Chapter 3; Chapter 4; Chapter 5; Chapter 6; Chapter 7; Chapter 8; Chapter 9; APPENDIX 1; APPENDIX 2; APPENDIX 3; APPENDIX 4; References; Index
Sommario/riassunto	From leading experts in behavioral activation research and clinical practice, this volume presents an empirically tested approach for helping clients overcome depression by becoming active and engaged in their own lives. Behavioral activation is a stand-alone treatment whose principles can be integrated easily with other approaches that therapists already use. Guidelines are presented for identifying individualized treatment targets, monitoring and scheduling ""antidepressant"" activities--experiences that are likely to be rewarding and pleasurable--and decreasing avoidance and ruminative

2. Record Nr.	UNINA9910786136703321
Autore	Ricks Christopher <1933->
Titolo	True friendship [[electronic resource]] : Geoffrey Hill, Anthony Hecht, and Robert Lowell under the sign of Eliot and Pound / / Christopher Ricks
Pubbl/distr/stampa	New Haven, : Yale University Press, c2010
ISBN	1-299-46383-5 0-300-16284-7
Descrizione fisica	1 online resource (271 p.)
Collana	The Anthony Hecht lectures in the humanities
Disciplina	821/.9109 B
Soggetti	American poetry - 20th century - History and criticism English poetry - 20th century - History and criticism
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"This book was first presented as the Anthony Hecht Lectures in the Humanities given by Christopher Ricks at Bard College in 2007. The lectures have been revised for publication."
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front matter -- Contents -- Prefatory Note -- 1. Geoffrey Hill -- 2. Anthony Hecht -- 3. Robert Lowell -- Notes -- Credits -- Index
Sommario/riassunto	True Friendship looks closely at three outstanding poets of the past half-century-Geoffrey Hill, Anthony Hecht, and Robert Lowell-through the lens of their relation to their two predecessors in genius, T. S. Eliot and Ezra Pound. The critical attention then finds itself reciprocated, with Eliot and Pound being in their turn contemplated anew through the lenses of their successors. Hill, Hecht, and Lowell are among the most generously alert and discriminating readers, as is borne out not only by their critical prose but (best of all) by their acts of new creation, those poems of theirs that are thanks to Eliot and Pound. "Opposition is true Friendship." So William Blake believed, or at any rate hoped. Hill, Hecht, and Lowell demonstrate many kinds of friendship with Eliot and Pound: adversarial, artistic, personal. In their creative assent and dissent, the imaginative literary allusions-like other, wider forms of influence-are shown to constitute the most magnanimous of welcomes and of tributes.

