

1. Record Nr.	UNINA9910795525903321
Autore	Stulberg Cindy Goodman <1954->
Titolo	Feeling better : beat depression and improve your relationships with interpersonal psychotherapy // Cindy Goodman Stulberg, DCS, CPsych, and Ronald J. Frey, PhD, CPsych ; with Jennifer Dawson
Pubbl/distr/stampa	Novato, California : , : New World Library, , [2018] ©2018
ISBN	1-60868-569-1
Descrizione fisica	1 online resource (222 pages)
Disciplina	616.8914
Soggetti	Interpersonal psychotherapy Interpersonal relations Self-esteem
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Introduction: get ready to feel better -- Week 1: what if you had a broken leg instead? -- Week 2: draw your social circle -- Week 3: name that feeling -- Week 4: choose your own adventure -- Week 5: goal get 'em -- Week 6: mirror, mirror -- Week 7: who can you share that with? -- Week 8: out with the old, in with the new -- Week 9: what did you expect? -- Week 10: the rehearsal -- Week 11: just do it -- Week 12: do your happy dance -- Afterword: where are they now?.
Sommario/riassunto	"A guide to overcoming clinical depression by using interpersonal psychotherapy (IPT), a behavioral therapy that promotes emotional well-being by improving human relationships. Written by two psychologists. Contains case histories and exercises"--