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Sommario/riassunto	"Mental health practitioners are increasingly forced to use evidence-based practices by third-party providers. However, studies have shown practitioners rarely use evidence-based practices because of difficulties obtaining training and expertise. This volume in the Clinician's Guide to Evidence-Based Practice Series provides clinicians with a beginning level of understanding in evidence-based practice for depression in a manner that fits clinician time constraints. Forgoing the typical academic approach for a more user-friendly "how-to" and "what-now" style, the book is an easy-to-use and essential resource for practitioners and students-in-training"--