

1. Record Nr.	UNINA9910808717703321
Titolo	Overcoming depression : a cognitive therapy approach : workbook // Mark Gilson ... [et al.]
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2009
ISBN	0-19-045159-9 0-19-024193-4 1-282-11468-9 9786612114687 0-19-970791-X
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (209 p.)
Collana	Treatments that work
Altri autori (Persone)	GilsonMark
Disciplina	616.852 616.852706 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 contenuto	Contents; Chapter 1 Overview; Chapter 2 Beginning Questions and Answers; Chapter 3 The Theory and Practice of Cognitive Therapy; Chapter 4 Understanding Your Body: The B of the BEAST; Chapter 5 Understanding the Impact of Emotion: The E of the BEAST; Chapter 6 Taking Action: The A of the BEAST; Chapter 7 Life Situations and Vulnerability: The S of the BEAST; Chapter 8 Thoughts and Depression: The T of the BEAST; Chapter 9 Relapse Prevention; Chapter 10 Final Words of Hope; Appendix of Forms
Sommario/riassunto	This workbook is designed to help you as you work together with a qualified mental health professional to overcome your depression. The program described will help you develop a set of coping strategies and skills so that you can proactively deal with depression and prevent it from compromising your quality of life. Based on the idea that depression is a ""beast"" to be tamed, the treatment utilizes an acronym to help you understand the goals of treatment. You will work with your therapi

