

1. Record Nr.	UNINA9910953923503321
Autore	Williams J. Mark G
Titolo	The psychological treatment of depression : a guide to the theory and practice of cognitive-behavior therapy // J. Mark G. Williams
Pubbl/distr/stampa	New York, : Free Press London, : Collier Macmillan, c1984
ISBN	1-134-91773-2 1-134-91774-0 0-585-45317-9 1-280-07071-4 9786610070718 0-415-06743-X 0-203-41490-X
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (304 p.)
Disciplina	616.85/27
Soggetti	Depression, Mental Cognitive therapy Behavior therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliography.
Nota di contenuto	Cover; The psychological treatment of depression; Title Page; Copyright Page; Table of Contents; Preface to the first edition; Acknowledgements for the first edition; Preface to the second edition; 1 Introduction; 2 Psychological models of depression I: The behavioural background; 3 Psychological models of depression II: The cognitive foreground; 4 Psychological treatment of depression: Outcome studies; 5 The assessment of depression: Some representative procedures; Appendix A-Hamilton Rating Scale for Depression; Appendix B-The Beck Depression Inventory; Appendix C-The Cognitive Style Test Appendix D-Dysfunctional Attitude Scale Appendix E-Hopelessness Scale; Appendix F-Self-Control Schedule; 6 Treatment techniques I: Overview, basic behavioural techniques and symptom management; 7 Treatment techniques II: Cognitive strategies; 8 Treatment techniques III: Behavioural and cognitive therapy for chronic and unremitting

depression; 9 Training exercises; 10 The cognitive theory of depression revisited; 11 Cognitive-behavioural therapy and the process of change; References; Name index; Subject index

Sommario/riassunto

'A clear, rigorous account of cognitive behavioural methods for treating depression.' - British Journal of Psychiatry The use of behavioural and cognitive techniques for treating depression has yielded exciting results. Cognitive Behaviour Therapy (CBT) is as effective in the short term as anti-depressant drugs and has longer-lasting effects than medication. This book brings together assessment and treatment techniques of proven efficacy, describing them in usable detail and setting them in the context of current psychological theories of depression. It is an invaluable guide to