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## Evidence-Based Psychotherapy Treatment Planning for Depression

By Arthur E. Jongsma

John Wiley and Sons Ltd, United Kingdom, 2010. Undefined. Condition: New. Workbook. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. The DVD addresses the challenges many practitioners face in assimilating results from psychotherapy research into their treatment plans. Evidence-Based Treatment Planning for Depression DVD discusses depression and its diagnosis; the steps involved in psychotherapy treatment planning, empirically supported treatments for depression, and how to integrate objectives and intervention consistent those treatments into a treatment plan. Role-play scenarios illustrate selected aspects of the empirically supported treatments, including cognitive restructuring, behavioral activation, and problem solving. The Companion Workbook is designed to be used in conjunction with the DVD, which is focused on teaching mental health professionals about empirically informed treatment for depression. The workbook reinforces the key points covered in the DVD and helps assess the level of mastery of basic concepts through discussion and test questions. It can be used as part of a self-paced learning tool or as a team collaborative tool. The Companion Workbook includes: \* Summary highlights of content shown in the DVD \* Full transcripts of the DVD s...



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