



## Depression: A Practitioner's Guide to Comparative Treatments

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# Depression: A Practitioner's Guide to Comparative Treatments

## Depression: A Practitioner's Guide to Comparative Treatments

This volume comprehensively compares and contrasts alternative models of, and treatment approaches to, clinical depression. Each contributor, a recognized expert in his or her modality, analyzes the same case and provides:

- an overview of the treatment model
- empirical evidence for both the model and treatment derived from it
- treatment strategies and interventions, including termination issues, relapse prevention, and recommendations for follow-up care

Among the 12 approaches presented are Object Relations, Cognitive Therapies, Schema-Focused, Couple and Family, Integrative Psychotherapy, and Psychopharmacology. A significant contribution to this volume is the chapter on cultural considerations for understanding, assessing, and treating depression.

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