

J. MARK G. WILLIAMS

THE PSYCHOLOGICAL
TREATMENT OF
DEPRESSION



A GUIDE TO THE
THEORY AND PRACTICE OF
COGNITIVE BEHAVIOUR
THERAPY

Second Edition

Resumo de The Psychological Treatment of Depression

The application of cognitive behaviour therapy to depression has yielded exciting results. Not only does it ameliorate depression as well as drugs in the short term, it has longer a longer lasting effect in the long term.

This book describes the wide range of cognitive and behavioural techniques in great detail enabling any clinician to put them to immediate use. The author draws together assessment and treatment techniques of proven efficacy, describing them in usable detail, and setting them in the context of current psychological theories.

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