



# **Cognitive-Behavioral Treatment of Depression (Clinical Application of Evidence-Based Psychotherapy)**

*Janet S. Klosko, William C. Sanders*

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This is a clear and thorough how-to book on short-term cognitive-behavioral treatment of depression.

Following a complete assessment of the patient's suicidal risk, the authors outline an eight-session plan that includes both cognitive and behavioral components. Educating the patient about depression; examining the evidence and generating alternatives; teaching the patient how to self-monitor automatic thoughts, problem-solve, and establish a structure for each day are among the many treatment options presented. The goal of creating a positive spiral is facilitated by teaching the patient, according to individual need, such skills as assertiveness, relaxation techniques, and the management of anger and panic attacks. From the opening expression of support for what Aaron Beck has called 'collaborative empiricism' to the supplemental handouts on depression, reasoning, stress, and pleasurable activities, Drs. Klosko and Sanders encompass the fundamentals of cognitive therapy with exceptional clarity.

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