



Psychotherapy and Counselling for Depression (3rd Revised edition)

By Paul Gilbert

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Psychotherapy and Counselling for Depression (3rd Revised edition), Paul Gilbert, 'Excellent! Excellent! Excellent! I would thoroughly recommend this book to any other counsellor or psychotherapist. It is described on the back cover as 'outstanding', 'valuable' and an 'essential resource' and I would fully endorse all of these descriptions. I have been qualified for 10 years and have had extensive client experience, but feel I have gained so much from Gilbert's wisdom on this topic. It is excellent value for money and again I would recommend it to any practitioner' - The Independent Practitioner 'This book takes the reader gently but thoroughly through the biopsychosocial processes that underpin depression. Excellent worksheets and information sheets are provided as appendices. [It] is a valuable resource for those who already work with depression and essential reading for those considering working in this field' - Therapy Today 'Paul Gilbert provides the reader with a refreshingly wide-ranging, integrative and up-to-date understanding of the nature, assessment and treatment of depression. All psychological therapists will benefit from reading his important book' - Healthcare Counselling and Psychotherapy Journal 'Paul Gilbert writes in a scholarly, yet accessible, style on the biopsychosocial...



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