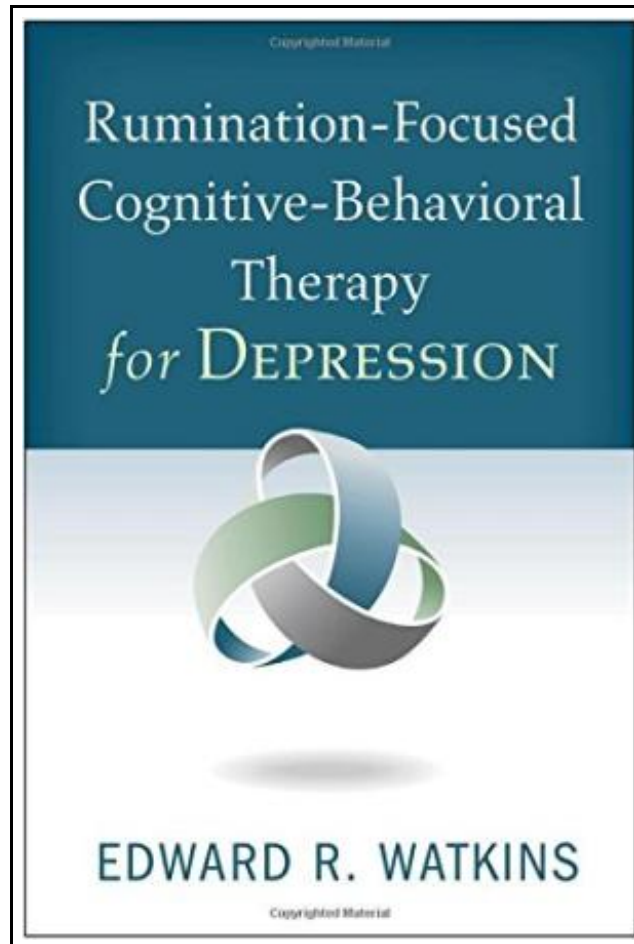


Rumination-Focused Cognitive-Behavioral Therapy for Depression



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, altered the way I believe.
(Prof. Loyce Runolfsson Jr.)

RUMINATION-FOCUSED COGNITIVE-BEHAVIORAL THERAPY FOR DEPRESSION



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Guilford Pubn, 2016. Hardcover. Book Condition: New. 1. 16.51 x 24.13 cm. "From a leading clinician-researcher, this book presents an empirically tested approach for helping clients with severe and chronic depression by directly tackling negative rumination. Rumination-focused cognitive-behavioral therapy (RFCBT) combines carefully adapted elements of CBT with imagery, visualization, and compassion-based techniques. The book provides everything needed to implement this 12-session approach, including numerous sample dialogues, a chapter-length case example, reflections and learning exercises for therapists, and 10 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. Key Words/Subject Areas: anxiety disorders, behavioral activation, CBT, cognition, cognitive-behavioral therapy, depressive, functional analysis, interventions, major depression, metacognition, metacognitive, mood disorders, obsessions, psychotherapy, recurrent, relapse prevention, RFCBT, rumination, self-compassion, transdiagnostic, treatment manuals, worry Audience: Clinical psychologists, psychiatrists, clinical social workers, mental health and pastoral counselors, and psychiatric nurses"-- Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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