

## ***Solution Focused Brief Therapy Books***

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Behavioral Activation Therapy What is Behavioral Activation? In short Behavioral Activation is a treatment for depression that holds that context rather than internal factors such as cognitions is a more efficient explanation for depression, and a more efficacious realm in which to intervene.

### **Christopher Martell :: Behavioral Activation Therapy**

Milton Hyland Erickson (5 December 1901 – 25 March 1980) was an American psychiatrist and psychologist specializing in medical hypnosis and family therapy. He was founding president of the American Society for Clinical Hypnosis and a fellow of the American Psychiatric Association, the American Psychological Association, and the American Psychopathological Association.

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