



Coping with the Seasons: Workbook: Workbook: A Cognitive-Behavioral Approach to Seasonal Affective Disorder

By Kelly J Rohan

Oxford University Press Inc, United States, 2008. Paperback.
Book Condition: New. Workbook. 272 x 208 mm. Language:
English . Brand New Book. Seasonal Affective Disorder (SAD) is a
form of major depression that recurs at the same time every
year, in the late autumn-winter months. The causes of SAD are
not entirely known, though it is believed that the change in the
availability of sunlight is the trigger. Statistics show that SAD
becomes increasingly common the farther people live north or
south of the equator, and episodes tend to be longer and more
severe at higher latitudes. The current standard treatment for
SAD is light therapy, in which the client uses a very bright light
box for up to 90 minutes a day. This treatment is plagued by
high discontinuation and relapse rates. In addition, between 45
and 55 of sufferers, especially those with severe depressive
symptoms, never benefit from light therapy at all. In the author's
studies, CBT in addition to light therapy had a 60 success rate a
year out from the treatment, compared to a 100 relapse rate for
light therapy alone. This workbook presents an evidence-based
group treatment for SAD. In 12 sessions over 6...



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Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

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