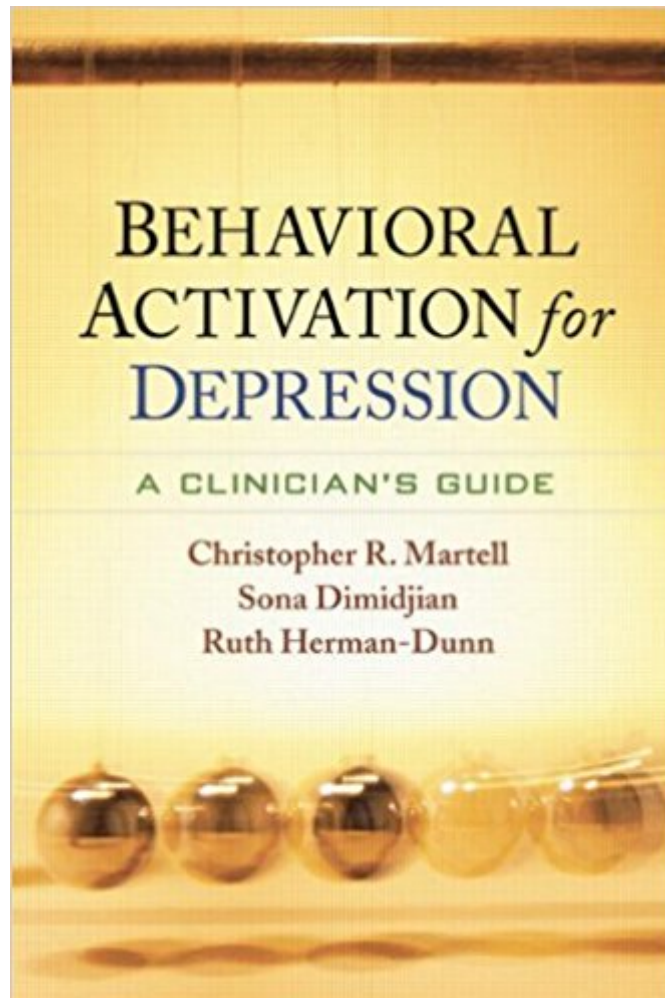




Ebook Directory
the best source of ebook

The book was found

Behavioral Activation For Depression: A Clinician's Guide



Synopsis

From leading experts in behavioral activation research and clinical practice, this volume presents an empirically tested approach for helping clients overcome depression by becoming active and engaged in their own lives. Behavioral activation is a stand-alone treatment whose principles can be integrated easily with other approaches that therapists already use. Guidelines are presented for identifying individualized treatment targets, monitoring and scheduling "antidepressant" activities--experiences that are likely to be rewarding and pleasurable--and decreasing avoidance and ruminative thinking. Rich clinical illustrations include an extended case example that runs throughout the book. Twenty-two reproducible forms, worksheets, and tables can be downloaded and printed in a convenient 8 1/2" x 11" size.

Book Information

Paperback: 220 pages

Publisher: The Guilford Press; Reprint edition (February 8, 2013)

Language: English

ISBN-10: 1462510175

ISBN-13: 978-1462510177

Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 8 customer reviews

Best Sellers Rank: #300,758 in Books (See Top 100 in Books) #164 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric #219 in Books > Religion & Spirituality > Religious Studies > Counseling #353 in Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

"Concise and well written, this is the most accessible and clinically useful book on behavioral activation (BA) for depression available to date. It covers the theoretical underpinnings of BA, the evidence for its effectiveness, and key principles of effective delivery. It clarifies the relationship of BA to other evidence-based treatments and is illustrated throughout with practical clinical examples. The book will be of equal value to both trainees and experienced clinicians who want to learn about the effective practice of BA."--Stephen Pilling, PhD, Department of Clinical, Educational, and Health Psychology, University College London, United KingdomÂ "Behavioral activation could help millions of people who struggle with depression and with the inertia that is so much a part of this debilitating

disorder. The authors draw clear connections between behavioral activation and other modern treatments for depression. The book is written in plain language and includes vivid case examples. It will be an important resource for clinicians who want to refine their approach to their clients' problems with depression, and will serve as an excellent text for graduate courses in behavior therapy or empirically supported treatments for depression."--Robert J. DeRubeis, PhD, Department of Psychology, University of Pennsylvania

"This book is a superb overview of the theoretical basis, empirical support, and clinical application of behavioral activation for depression. It will be an excellent resource for the practicing clinician and for clinicians in training. The book is replete with helpful clinical examples, step-by-step guidelines, summary charts, and forms. It is invaluable for learning how to implement this highly effective treatment for depression."--Michelle G. Craske, PhD, Department of Psychology and Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles

"This work is clearly a labor of love, and its strengths shine through. Multiple patient scenarios are explored....Step-by-step instructions are provided as well as detailed examples of possible homework assignments and how a patient might complete them....It is easily digestible, even for the busiest of practitioners....Well written and easy to read, and it would be a helpful addition to the library of most therapists. It could easily be used as a teaching tool in therapy classes for psychologists and psychiatrists alike. I highly recommend it." (Psychiatric Services 2012-08-03)

"Useful....In a way, all clinicians treating depressed patients should practice some kind of behavioral activation, eg, having patients schedule physical activities and reviewing their gradual increments with patients. Thus, this text could help us in this practice. Those practicing behavioral therapies or those collaborating with or supervising BA therapists will also find this volume informative and useful." (Annals of Clinical Psychiatry 2011-05-03)

Christopher R. Martell, PhD, ABPP, is the Director of the Psychological Services Center at the University of Massachusetts Amherst, where he is also a Lecturer. He maintained an independent practice for 23 years, providing cognitive-behavioral therapy to clients with mood and anxiety disorders. Dr. Martell conducts workshops and trainings on behavioral activation (BA) nationally and internationally and has consulted on research teams examining BA around the world. His books include *Behavioral Activation for Depression: A Clinician's Guide* (coauthored with Sona Dimidjian and Ruth Herman-Dunn). He is a recipient of honors including the Distinguished Psychologist Award from the Washington State Psychological Association.

Sona Dimidjian, PhD, is Associate Professor of Psychology and Neuroscience at the University of Colorado Boulder. Her research addresses the treatment and prevention of depression, including a particular focus on the

mental health of women during pregnancy and postpartum. Dr. Dimidjian is a leading expert in cognitive and behavioral approaches to treating and preventing depression. She is one of a core group of experts in behavioral activation treatment for depression and has published widely in this area. Dr. Dimidjian is also an expert in the clinical application of contemplative practices, such as mindfulness meditation. Ruth Herman-Dunn, PhD, is in private practice in Seattle and supervises graduate students in her position as Clinical Instructor in the Department of Psychology at the University of Washington. She has been a research therapist on several large randomized clinical trials for behavioral treatments, including behavioral activation and dialectical behavior therapy, and has led workshops on these treatments throughout the United States and Canada. Dr. Herman-Dunn provides consultation on treatment dissemination studies and collaborates with a core group of behavioral activation experts on research, training, and treatment development.

As a psychologist, I love this manual for use with my depressed clients. BA is a well-supported treatment for depression and is really concrete for clients that might have difficulty with insight. The manual is great to help the therapist learn the techniques and provides some good resources for implementing it.

This is a great resource for any clinician hoping to learn the basic theory underlying Behavioral Activation (BA) for depression as well as instruction in application of BA. As a graduate student clinician enrolled in a Clinical PhD program, I was very pleased with the sound research base of the authors' claims, but did not feel that the manual was oriented toward researchers-only. It was very accessible, provided rationales and clinical examples of every guideline and/or BA principle, and left me feeling confident in providing supervised BA for a client with clinical or subclinical depressed mood.

This is a great introduction to behavioral activation theory and practice. The writing is clear and easy to understand. You don't need to be a psychology professional to appreciate the potential benefits of behavioral activation therapy, as presented by the authors.

This book covers both the theory and practical implementation of behavioral activation for treatment of depression. It is a great resource and includes ideas that can easily be integrated into work with depressed clients. Research has supported the idea that the behavioral activation component of CBT for depression may be responsible for much of the effect of the intervention.

Great practical methods for beating depression. I'm not a clinician and it was easy to read. I feel activation and doing are the key to success!

A helpful book for a therapist or person hoping enact the program

Dr. Martell and co did a great job on this book. If you apply the treatment described in this book just as it is intended, your patients will benefit a lot. really recommend it.

Excellent interface of therapies explained on sound theory

[Download to continue reading...](#)

Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)
Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)
Behavioral Activation for Depression: A Clinician's Guide
Third Eye: Third Eye Activation Mastery, Easy And Simple Guide To Activating Your Third Eye Within 24 Hours (Third Eye Awakening, Pineal Gland Activation, Opening the Third Eye)
First Activation (The Activation Series Book 1)
Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder)
The Wheelchair Evaluation: A Clinician's Guide: A Clinician's Guide CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing
Clinician's Thesaurus, 6th Edition: The Guide to Conducting Interviews and Writing Psychological Reports (Clinician's Toolbox)
The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)
Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ (Help for Depression in Teens)
Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression)
Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition
Pediatric Sleep Problems: A Clinician's Guide to Behavioral Interventions
Behavioral Game Theory: Experiments in Strategic

Interaction (The Roundtable Series in Behavioral Economics) The Zuckerman Parker Handbook of Developmental and Behavioral Pediatrics for Primary Care (Parker, Developmental and Behavioral Pediatrics) Enhancing Behavioral Health in Latino Populations: Reducing Disparities Through Integrated Behavioral and Primary Care Cognitive Behavioral Therapy: A Psychologist's Guide to Overcome Anxiety, Depression, & Negative Thought Patterns: Psychology Self-Help, Book 5 Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)