



Essential Components of Cognitive-Behavior Therapy for Depression

Jacqueline B. Persons, Joan Davidson, Michael A. Tompkins

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This work aims to take readers on a thorough tour of the essential components of cognitive-behaviour therapy for depression. Throughout, the authors emphasize the theory and practices of Aaron T. Beck to create a book that is grounded in the best of CBT's traditions but that refines and fleshes out the practical aspects of its application. The method described is flexible enough to be used in disorders other than depression, including eating disorders and anxiety. Intended for both trainees and practitioners in the mental health professions, the book details the five basic components of the therapy in practice: developing an individualized case formulation, session structuring, activity scheduling, the thought record, and the schema change method. A thorough case study is included to illustrate how the therapist uses the case formulation to plan and carry out treatment. Examples of each major intervention are also provided as well as a demonstration of how the assessment and intervention strategies are woven together over the course of treatment. This should be a useful teaching tool for those working in clinical, counselling and health psychology, as well as social work, psychiatry, psychiatric nurses, marriage and family counselling, and pastoral counselling.

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