



## Treating Late Life Depression A Cognitive-Behavioral Therapy Approach, Workbook Treatments That Work

By Larry W. Thompson

Oxford University Press. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 10.9in. x 8.5in. x 0.6in. If you suffer from depression, a program based on the principles of cognitive-behavioral therapy (C. B. T. ) can help. C. B. T. can help you change what you think and what you do. The program described in this workbook teaches you how to change your thinking in order to improve your mood. Divided into three phases, the program outlined is designed specifically with older adults in mind. Most effective when used in conjunction with visits to a qualified mental health professional, this workbook helps you put into practice the new skills you will be learning in therapy. Skills designed to help you problem solve, improve communication, challenge negative thinking, and manage feelings of frustration and anger. Over the course of the program, which can take anywhere from 16 - 20 sessions, you will work together with your therapist to manage your depressed mood. In-session exercises, at-home assignment, and review questions help you consolidate what you've learned and keep you motivated to succeed. Worksheets and forms are provided throughout to assist you in monitoring your progress. Depression can be difficult to overcome, but with hard...



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