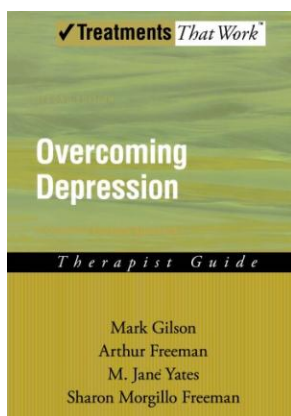


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# OVERCOMING DEPRESSION: A COGNITIVE THERAPY APPROACH, THERAPIST GUIDE



Oxford University Press, USA. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 9.9in. x 7.0in. x 0.6in. This therapist guide is designed to give mental health professionals the necessary tools to assess and treat a broad range of mood disorders, particularly depression. Based on the principles of cognitive-behavioral therapy, the Taming the BEAST (TTB) program helps patients develop a set of coping strategies and skills to proactively manage their depressed mood. Using the acronym BEAST, treatment modules address biology, emotions, activity,...

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