



Mastering Depression through Interpersonal Psychotherapy: Patient Workbook (Treatments That Work)

Myrna W. Weissman

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This book is a user-friendly guide to Interpersonal Psychotherapy (IPT), an empirically-tested and effective approach to treating depression. It is intended for persons affected by depression who are seeking or currently undergoing IPT.

Written to help destigmatize depression and therapy, this book begins with a description of depression disorders and addresses common patient concerns. It then introduces the patient to Interpersonal Psychotherapy and also answers frequently-asked questions about the psychotherapeutic relationship. The next chapters, which are organized around common causes of depression, describe the process of treating depression with IPT and offer typical case examples at the end of each problem area. Throughout the book, worksheet guides help the patient think about problems and solutions to depression in constructive ways. This book helps readers learn about depression, its symptoms, and how they relate to events in the patient's life. When used as a part of therapy with IPT and in conjunction with the accompanying monitoring forms booklet (0195188489), this book can help patients manage the effects of depression.

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