



Rumination-Focused Cognitive-Behavioral Therapy for Depression

By Watkins, Edward R.

Guilford Pubn, 2016. Hardcover. Book Condition: New. 1. 16.51 x 24.13 cm. "From a leading clinician-researcher, this book presents an empirically tested approach for helping clients with severe and chronic depression by directly tackling negative rumination. Rumination-focused cognitive-behavioral therapy (RFCBT) combines carefully adapted elements of CBT with imagery, visualization, and compassion-based techniques. The book provides everything needed to implement this 12-session approach, including numerous sample dialogues, a chapter-length case example, reflections and learning exercises for therapists, and 10 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. Key Words/Subject Areas: anxiety disorders, behavioral activation, CBT, cognition, cognitive-behavioral therapy, depressive, functional analysis, interventions, major depression, metacognition, metacognitive, mood disorders, obsessions, psychotherapy, recurrent, relapse prevention, RFCBT, rumination, self-compassion, transdiagnostic, treatment manuals, worry Audience: Clinical psychologists, psychiatrists, clinical social workers, mental health and pastoral counselors, and psychiatric nurses" -- Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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