



Overcoming Depression: A Cognitive Therapy Approach (Treatments That Work)

Mark Gilson, Arthur Freeman

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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, situations, and thoughts. Each module comes complete with step-by-step instructions for delivering treatment including outlines and lists of materials needed. In-session exercises as well as home assignments help motivate the patient and allow for the monitoring of progress.

Written by experts in the field, this guide comes complete with chapters on assessment, socialization, and termination. The TTB program offers both therapist and patient a roadmap for overcoming the depression 'beast.'

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Bruce Parisien:

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