Depression: A Practitioner's Guide to Comparative Treatments

This volume comprehensively compares and contrasts alternative models of and treatment approaches to clinical depression.

Each contributor, a recognized expert in his or her modality, analyzes the same case and provides:
- an overview of the treatment model
- empirical evidence for both the model and treatment derived from it
- treatment strategies and interventions, including termination issues, relapse prevention, and recommendations for follow-up care

Among the 12 approaches presented are Object Relations, Cognitive Therapies, Schema-Focused, Couple and Family, Integrative Psychotherapy, and Psychopharmacology. A significant contribution to this volume is the chapter on cultural considerations for understanding, assessing, and treating depression.