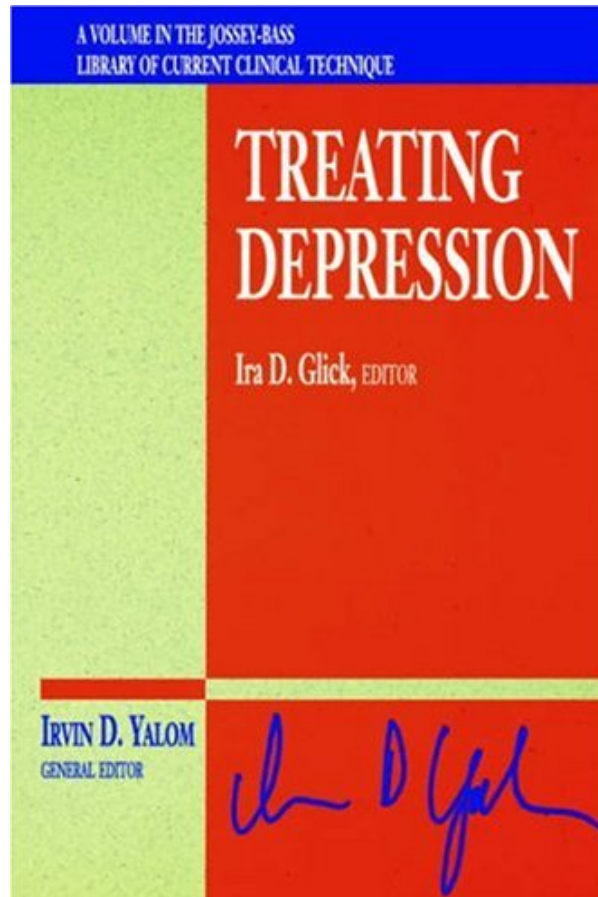


TREATING DEPRESSION BY IRA D. GLICK



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A VOLUME IN THE JOSSEY-BASS
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TREATING DEPRESSION

Ira D. Glick, EDITOR

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Review

"This book is a superlative overview of the key treatment interventions available today to relieve the suffering of depression." --John P. Docherty, M.D., professor of clinical psychology and director of clinical services, Cornell University School of Medicine

"Manages to maintain a clear, direct style with remarkably little jargon. This book would be most useful in a hospital library as a reference source to better understand depression and its treatment, especially if the referring doctor is prescribing medication." --Helen R. Beiser, M.D., CMS Review Panel, (from Chicago Medicine Vol. 99, No. 17, September 22, 1996)

From the Inside Flap

Clinicians today routinely choose from a variety of treatments when working with the large population of clients afflicted with some form of depression. But determining which treatment to offer can be a difficult process. Treating Depression--a volume in the Jossey-Bass series on psychotherapeutic treatment--provides specific guidelines and techniques for understanding which of the many forms of treatments (or combination of treatments) is most appropriate when working with a particular client. This important resource book assists the clinician in deciding if it is appropriate to prescribe medication, if psychotherapy is the proper course of action, or when it is best to use a combination of medication and psychotherapy. Treating Depression offers step-by-step guidelines and specific models for intervention in treating the numerous types and subtypes of depression. Using illustrative case studies and jargon-free language, the authors * define the benefits of individual, group, and family therapy for the long-term management of depression * discuss how and when to apply cognitive behavioral therapy, interpersonal psychotherapy, and psychodynamic psychotherapy * explain the benefits of a broad variety of psychopharmacotherapy and show which clients respond best to each particular kind of medication * describe when it is appropriate to combine medication and psychotherapy. Throughout, the book addresses the thorny issues raised by managed care. The authors explain how the clinician can take a proactive approach to managed care and outline step-by-step methods for ensuring quality treatment.

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Choosing the most appropriate treatment

A Volume in the Jossey-Bass Library of Current Clinical Technique

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By Deborah Bernardo

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