



# **Treatment of Depression in Adolescents and Adults: Clinician's Guide to Evidence-Based Practice**

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# Treatment of Depression in Adolescents and Adults: Clinician's Guide to Evidence-Based Practice

## Treatment of Depression in Adolescents and Adults: Clinician's Guide to Evidence-Based Practice Praise for *Treatment of Depression in Adolescents and Adults*

"This outstanding book, written for clinicians, provides a fascinating examination of leading depression treatments supported by cutting-edge scientific evidence. The editors have assembled an impressive list of authors who expertly describe each intervention at a level of detail rarely seen in other books. Clinicians looking for guidance on how to implement evidence-based treatments for depression will find this book indispensable."

—**Aaron T. Beck**, MD, Professor of Psychiatry, University of Pennsylvania President Emeritus, Beck Institute for Cognitive Therapy and Research

"This is a much-needed book that can increase accessibility of empirically based treatments to practicing clinicians. The chapters are informative, readable, and peppered with clinical examples that bring the treatments to life. This book is an essential bridge to enhance dissemination of some of our most potent treatments for depression to those on the front lines of treatment delivery."

—**Adele M. Hayes**, PhD, Associate Professor of Psychology, University of Delaware

## Evidence-based interventions for treating depression in adolescents and adults

Part of the Clinician's Guide to Evidence-Based Practice Series, *Treatment of Depression in Adolescents and Adults* provides busy mental health practitioners with detailed, step-by-step guidance for implementing clinical interventions that are supported by the latest scientific evidence.

This thorough, yet practical volume draws on a roster of experts and researchers in the field who have assembled state-of-the-art knowledge into this well-rounded guide. Each chapter serves as a practitioner-focused how-to reference and covers interventions that have the best empirical support for the treatment of depression, including:

- Cognitive Behavior Therapy
- Behavioral Activation
- Cognitive Behavioral Analysis System of Psychotherapy for Chronic Depression

Easy to use and accessible in tone, *Treatment of Depression in Adolescents and Adults* is indispensable for practitioners who would like to implement evidence-based, culturally competent, effective interventions in their care of clients struggling with depression.

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