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## Depression and Women: An Integrative Treatment Approach

By Susan L. Simonds

Springer Publishing Co Inc. Hardback. Book Condition: new. BRAND NEW, Depression and Women: An Integrative Treatment Approach, Susan L. Simonds, This text provides a non-pathologizing and user-friendly model for psychotherapy with depressed women. The author integrates empirically-supported therapies, feminist theories of depression, creative arts therapies and mindfulness-based techniques. The book also addresses relapse prevention, reproductive-related events, special medication issues for women and the latest research on alternative remedies. Three conceptual maps are included, which guide the therapist throughout the course of therapy, weaving a common thread while allowing for the individuality of each client. The first conceptual map is "The Three Phases of Therapy", which includes stabilization, transformation and future-orientation. Specific interventions are described that are appropriate for each phase. The second map is "The Five Elements of Therapy", including assessment, safety, activation, connection and meaning. These five therapy themes recur throughout therapy and are interconnected. The final conceptual map is "The Five Factors that contribute to Women's Depressions", which includes biological, life stress, sex role socialization, social and developmental factors. Each depressed woman has a unique story woven from the five factors which will hold answers for her recovery. The book also includes a list of integrative resources and...


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