



## Comparative Treatments of Depression

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# Comparative Treatments of Depression

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This volume comprehensively compares and contrasts alternative models of and treatment approaches to clinical depression. Each contributor, a recognized expert in their 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 as well as Psychopharmacology. A significant contribution to this volume is the chapter on cultural considerations for understanding, assessing and treating depression.

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