

Catholic Guide To Depression

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from new york times bestselling author and expert on neuroscience memory alzheimer s disease dementia anxiety and human behavior the small guide to depression provides a comprehensive overview of depression negative personality traits and anxiety along with the latest treatment solutions from conventional and alternative therapies to new scientific discoveries and interventions over 300 million people worldwide live with depression in 2014 around 15 7 million adults age 18 or older in the u s had experienced at least one major depressive episode in the last year this accessible guide starts with providing readers with an overview of depression what it is who gets it how to recognize it major causes genetics environment etc dr small discusses the various types of depression general therapeutic approaches used for all depression disorders how to know when it s time to seek professional help each of the chapters will cover a specific type of depression and open with a case study example small will describe causes symptoms conventional treatments e g medications psychotherapy alternative therapies e g exercise meditation yoga homeopathy novel therapies e g transmagnetic stimulation tms new scientific discoveries and interventions coming down the pike e g focused ultrasound in addition to case studies and patient interviews all chapters will include side bars with factoids lists and other helpful information

in clear non technical language this guide explains the latest findings on depression the complex mood disorder that affects nearly 17 million americans each year illustrations throughout

the bestselling self help guide overcoming depression has been combined with beating depression inspirational stories of hope and recovery to offer the reader an effective and appealing self help package these two titles not only set out practical techniques to overcome depression but offer inspiration to the reader to confront the challenges they may face on the road to recovery overcoming depression is based on cognitive behavioral therapy cbt an evidence based therapy recommended by the nhs it provides useful information about the disorder a step by step self help programme based on cbt beating depression contains real life stories written by those with first hand experience of depression including postnatal depression and bipolar disorder each story sheds light on the condition and offers powerful insights into what helps and most importantly inspiration to those trying to beat it

the book is divided into three parts part one provides a very brief introduction to depression and gives an overview of our current understanding of depression part two is rather unique in that it presents a number of fictionalizedbut realisticcases of people who develop all the types of depression the reader may want to compare his experiences to those of the fictionalized cases part three gives a succinct but comprehensive overview of all the current treatments available for depression this newest book is offered in the hope that it will help readers recognize early warning signs of depression and come to terms with any early onset mood disorder

depression a guide for the newly diagnosed helps readers who have just been diagnosed with major depressive disorder to process their diagnosis find the most effective treatments and feel better

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using expert advice and the latest information this book provides people with the information they need to make an informed decision as to whether they need to seek further help chapters cover self help diagnosis types of depression treatments available and what you can do if you are caring for someone who is depressed an entire chapter also covers the facts about children and depression all the information is laid out in clear easy to read sections whether you are suffering from depression yourself or are worried about a friend or loved one this guide offers the essential information needed to get a diagnosis and find correct treatment

tired of suffering from been depressed this fast easy read is an excellent guide if you want to feel healthful and happy during the past decade depression rates has skyrocketed and one in four of people around the globe have problems with major depression at some point within their lives naturally hundreds of thousands of people are influenced by depression each year which can result in problems with work relationships home existence and physical health right now tell me where have we gone wrong this book will guide you on all the steps you need to take and what

you have to do to say goodbye to depression in your life

psychological research suggests that cognitive behavior therapy cbt used alone or in combination with medical therapy is the most effective treatment for depression recent finding though suggest that cbt for depression may work through different processes than we had previously suspected the stated goal of therapeutic work in cbt is the challenging and restructuring of irrational thoughts that can lead to feelings of depression but the results of recent studies suggest that two other side effects of cbt may actually have a greater impact that thought restructuring on client progress distancing and decentering work that helps clients stop identifying with depression and behavior activation a technique that helps him or her to reengage with naturally pleasurable and rewarding activities these two components of conventional cbt are central in the treatment approach of the new acceptance and commitment therapy act this book develops the techniques of act into a session by session approach that therapists can use to treat clients suffering from depression the research proven program outlined in act for depression introduces therapists to the act model on theoretical and case conceptual levels then it delves into the specifics of structuring interventions for clients with depression using the act method of acceptance and values based behavior change written by one of the pioneering researchers into the effectiveness of act for the treatment of depression this book is a much needed professional resource for the tens of thousand of therapists who are becoming ever more interested in act

provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

this new book in new harbinger s 101 series depression 101 offers practical and proven tools for overcoming depression in a concise and accessible format

this illustrated book is an ideal introduction to depression julie helps readers to understand what depression is how it feels to be depressed and how it can affect their family life she explains what help and support is available for people with depression and what friends and family can do to make things easier for her

recent studies have found that one woman in five and one man in ten will suffer from depression or manic depression sometime during the course of their lives this is a disturbing statistic but there is hope because more and more evidence has

surfaced to indicate that many psychiatric disorders are biological diseases that can be successfully treated with medication most people however know little about these recent findings they don t know how to tell if the depression they are suffering from is biological or not nor what they can do to recover from it if it is in understanding depression eminent psychiatrists donald klein and paul wender offer a definitive guide to depressive illness its causes course and symptoms they clarify the difference between depression which is a normal emotion and biological depression which is an illness and include several self rating tests with which readers can determine whether or not they should seek psychiatric evaluation to determine if they have a biological depressive illness they describe the symptoms of biological depression among them loss of energy changes in eating habits sleep disturbances decreased sex drive restlessness poor concentration and indecisiveness and increased use of intoxicants and drugs and they paint a clear picture of how depressive illness can affect people s lives using excerpts from patient histories to show the progress of each patient from the onset of depression to treatment and recovery the authors also discuss the different types of treatment available including antidepressant drugs electroconvulsive therapy and psychotherapy and they examine the benefits and side effects of psychopharmacological drugs including the new antidepressants lithium and the controversial prozac related disorders such as panic attacks atypical depression seasonal affective disorder and pms and how to get the right kind of help most victims of biological depression often fail to seek help whether out of guilt or ignorance and many are often misdiagnosed by physicians or psychotherapists who fail to recognize the symptoms of the illness understanding depression seeks to make the public both lay and medical aware of the issues of biological depression providing a highly informed and readable guide to this much misunderstood disease

this fourth edition of the harry l rinker official price guide to collectibles has more coverage of collectibles than any other book on the market here you ll find furniture decorative accessories and giftware along with the traditional character and personality items ceramic glass and toys each category includes a brief history collecting tips reference books periodicals collector clubs and vital information on reproductions it s a complete document of the 20th century american lifestyle

increase your awareness and understanding of a holistic view of mental health care with this book for nurses and other health care professionals each chapter covers a specific psychological or psychosocial problem as well as the most current

interventions and treatments this edition features full color illustrations updated drug information and a chapter on complementary and alternative therapies in addition to more case studies to help you apply the content to real life this solid background in mental health is just what you need to work comfortably with clients who exhibit both effective and maladaptive behaviors multidisciplinary care plans for sample clients show how members of the health care team work together client specific case studies highlight particular mental disorders and help you apply chapter content to real life situations think about boxes throughout the text strengthen your critical thinking skills unique drug alert boxes highlight what you need to know about a wide range of specific psychotherapeutic medications unique standard lpn full color design and content threads point out key information and special features in each chapter consistent with the format of other books in the lpn threads series appendixes give you easy access to mental health care standards dsm iv tr diagnoses and assessment tools that are essential for providing quality care free workbook at the end of the book includes crossword puzzles multiple choice questions and other exercises to boost your comprehension of the material full color illustrations make the text even more visually appealing and user friendly additional case studies help you apply chapter content to more real life scenarios such as chronic illness and substance abuse with accompanying questions to test your critical thinking skills chapter on complementary and alternative therapies increases your awareness of the benefits and risks of alternative therapies such as ayurveda herbal supplements massage meditation acupuncture and telemedicine forensic nursing content familiarizes you with the prevention and treatment of violence based disorders and shows you how to obtain and document evidence for legal purposes new antianxiety and antimanic drug information keeps you up to date on the latest psychotropic medications

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