The companion forms to accompany Mastering Depression Through Interpersonal Psychotherapy: Patient Workbook

Containing forms that accompany Mastering Depression Through Interpersonal Psychotherapy: Patient Workbook, this book helps readers learn about depression, its symptoms, and how they relate to events in the patient's life. When used as a part of therapy with IPT and in conjunction with the accompanying monitoring forms booklet, this book can help patients manage the effects of depression.