Mastering Depression through Interpersonal Psychotherapy: Patient Workbook

Guide to empirically-tested and effective psychotherapeutic treatment of depression

Interpersonal Psychotherapy (IPT) is a brief treatment approach that has demonstrated effectiveness for treatment of major depressive disorders in adults. IPT takes the position that although there are many causes for depression, understanding the current social and interpersonal circumstances of the client associated with the onset of a recent episode of depression will expedite understanding current symptoms and help the client move toward developing new ways of coping. The books in this program clearly define the focus of treatment as "here and now."

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