In her newest book, Simonds presents "Integrative Relational Therapy," her unique nonpathologizing approach to psychotherapy with depressed women.

IRT integrates empirically-supported therapies, feminist theories of depression, creative arts therapies, and mindfulness-based techniques into a cohesive model that addresses the gender and cultural factors contributing to women’s depression. The book also addresses relapse prevention, reproductive-related events, special medication issues for women, and the latest research on alternative remedies.

A unique feature of the book includes three conceptual maps that guide the therapist throughout the course of therapy, weaving a common thread while allowing for the individuality of each client. A list of integrative resources and recommended readings in feminist therapy, alternative therapies, and holistic approaches to the treatment of depression, anxiety, and women’s reproductive-related events are also included.