



## Coping with the Seasons A Cognitive Behavioral Approach to Seasonal Affective Disorder, Therapist Guide Treatments That Work

By Kelly J Rohan

Oxford University Press. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 9.8in. x 6.8in. x 0.4in. Seasonal affective disorder (S. A. D. ) affects a significant number of individuals, with an even greater percentage of population suffering from a milder version of the winter blues. Cognitive-behavioral therapy (C. B. T. ) has long been recognized as an effective treatment for depression and now there is evidence that C. B. T. can also benefit those with S. A. D. . The group program outlined in this therapist guide tailors C. B. T. for depression to the special needs of the S. A. D. population. It can be easily adapted for use in individual therapy, as well as be combined with light therapy. This therapist guide details twelve sessions to be completed over a six-week period. It gives step-by-step instruction for session activities and discussion. S. A. D. -specific examples, sample dialogues, and diagrams help illustrate the points to be covered. Participants are provided with psychoeducation to further their understanding and awareness of S. A. D. . They learn techniques to reduce symptoms, such as pleasant activity scheduling and cognitive restructuring. By increasing the amount of pleasant activities and changing thoughts and beliefs...



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