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## **Psychotherapy Essentials to Go: Interpersonal Psychotherapy for Depression (Paperback)**

By Paula Ravitz, Priya Watson, Sophie Grigoriadis

WW Norton Co, United States, 2013. Paperback. Book  
Condition: New. 185 x 163 mm. Language: English . Brand New Book. Interpersonal Psychotherapy (IPT) is an evidence-supported, short-term therapy that focuses on universal life problems involving change, loss, and conflict in relationships, particularly when these problems relate to depression. At its heart is an emphasis on relationships as a healing force during stressful life events. This guide walks readers through the core principles of IPT treatment—how to consider underlying psychological and biological factors that may predispose a client to depression, including insecure attachment; how to effectively communicate with clients to improve their relationship problems; and how to conduct interpersonal inventories to help clients connect to a support system that may be helpful in their recovery process. Included in this comprehensive guide are a DVD of sample therapy sessions and clinical explication that describe how to implement the protocol, as well as a laminated pocket reminder card. An on-the-go package of practical tools that busy clinicians won't want to be without.



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