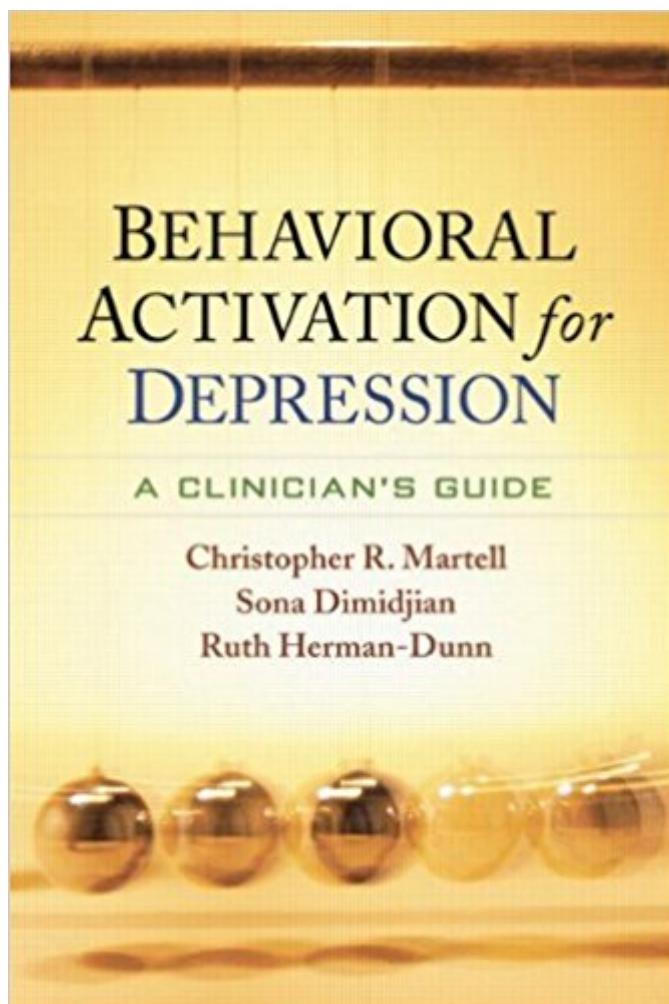


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# Behavioral Activation For Depression: A Clinician's Guide



## **Synopsis**

From leading experts in behavioral activation research and clinical practice, this volume presents an empirically tested approach for helping clients overcome depression by becoming active and engaged in their own lives. Behavioral activation is a stand-alone treatment whose principles can be integrated easily with other approaches that therapists already use. Guidelines are presented for identifying individualized treatment targets, monitoring and scheduling "antidepressant" activities--experiences that are likely to be rewarding and pleasurable--and decreasing avoidance and ruminative thinking. Rich clinical illustrations include an extended case example that runs throughout the book. Twenty-two reproducible forms, worksheets, and tables can be downloaded and printed in a convenient 8 1/2" x 11" size.

## **Book Information**

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## **Customer Reviews**

"Concise and well written, this is the most accessible and clinically useful book on behavioral activation (BA) for depression available to date. It covers the theoretical underpinnings of BA, the evidence for its effectiveness, and key principles of effective delivery. It clarifies the relationship of BA to other evidence-based treatments and is illustrated throughout with practical clinical examples. The book will be of equal value to both trainees and experienced clinicians who want to learn about the effective practice of BA."--Stephen Pilling, PhD, Department of Clinical, Educational, and Health Psychology, University College London, United Kingdom "Behavioral activation could help millions of people who struggle with depression and with the inertia that is so much a part of this

debilitating disorder. The authors draw clear connections between behavioral activation and other modern treatments for depression. The book is written in plain language and includes vivid case examples. It will be an important resource for clinicians who want to refine their approach to their clients' problems with depression, and will serve as an excellent text for graduate courses in behavior therapy or empirically supported treatments for depression."--Robert J. DeRubeis, PhD, Department of Psychology, University of Pennsylvania "This book is a superb overview of the theoretical basis, empirical support, and clinical application of behavioral activation for depression. It will be an excellent resource for the practicing clinician and for clinicians in training. The book is replete with helpful clinical examples, step-by-step guidelines, summary charts, and forms. It is invaluable for learning how to implement this highly effective treatment for depression."--Michelle G. Craske, PhD, Department of Psychology and Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles "This work is clearly a labor of love, and its strengths shine through. Multiple patient scenarios are explored....Step-by-step instructions are provided as well as detailed examples of possible homework assignments and how a patient might complete them....It is easily digestible, even for the busiest of practitioners....Well written and easy to read, and it would be a helpful addition to the library of most therapists. It could easily be used as a teaching tool in therapy classes for psychologists and psychiatrists alike. I highly recommend it." (Psychiatric Services 2012-08-03)"Useful....In a way, all clinicians treating depressed patients should practice some kind of behavioral activation, eg, having patients schedule physical activities and reviewing their gradual increments with patients. Thus, this text could help us in this practice. Those practicing behavioral therapies or those collaborating with or supervising BA therapists will also find this volume informative and useful." (Annals of Clinical Psychiatry 2011-05-03)

Christopher R. Martell, PhD, ABPP, is the Director of the Psychological Services Center at the University of Massachusetts Amherst, where he is also a Lecturer. He maintained an independent practice for 23 years, providing cognitive-behavioral therapy to clients with mood and anxiety disorders. Dr. Martell conducts workshops and trainings on behavioral activation (BA) nationally and internationally and has consulted on research teams examining BA around the world. His books include *Behavioral Activation for Depression: A Clinician's Guide* (coauthored with Sona Dimidjian and Ruth Herman-Dunn). He is a recipient of honors including the Distinguished Psychologist Award from the Washington State Psychological Association. Sona Dimidjian, PhD, is Associate Professor of Psychology and Neuroscience at the University of Colorado Boulder. Her research addresses the treatment and prevention of depression, including a particular focus on

the mental health of women during pregnancy and postpartum. Dr. Dimidjian is a leading expert in cognitive and behavioral approaches to treating and preventing depression. She is one of a core group of experts in behavioral activation treatment for depression and has published widely in this area. Dr. Dimidjian is also an expert in the clinical application of contemplative practices, such as mindfulness meditation. Ruth Herman-Dunn, PhD, is in private practice in Seattle and supervises graduate students in her position as Clinical Instructor in the Department of Psychology at the University of Washington. She has been a research therapist on several large randomized clinical trials for behavioral treatments, including behavioral activation and dialectical behavior therapy, and has led workshops on these treatments throughout the United States and Canada. Dr. Herman-Dunn provides consultation on treatment dissemination studies and collaborates with a core group of behavioral activation experts on research, training, and treatment development.

As a psychologist, I love this manual for use with my depressed clients. BA is a well-supported treatment for depression and is really concrete for clients that might have difficulty with insight. The manual is great to help the therapist learn the techniques and provides some good resources for implementing it.

This is a great resource for any clinician hoping to learn the basic theory underling Behavioral Activation (BA) for depression as well as instruction in application of BA. As a graduate student clinician enrolled in a Clinical PhD program, I was very pleased with the sound research base of the authors' claims, but did not feel that the manual was oriented toward researchers-only. It was very accessible, provided rationales and clinical examples of every guideline and/or BA principle, and left me feeling confident in providing supervised BA for a client with clinical or subclinical depressed mood.

This is a great introduction to behavioral activation theory and practice. The writing is clear and easy to understand. You don't need to be a psychology professional to appreciate the potential benefits of behavioral activation therapy, as presented by the authors.

This book covers both the theory and practical implementation of behavioral activation for treatment of depression. It is a great resource and includes ideas that can easily be integrated into work with depressed clients. Research has supported the idea that the behavioral activation component of CBT for depression may be responsible for much of the effect of the intervention.

Great practical methods for beating depression. I'm not a clinician and it was easy to read. I feel activation and doing are the key to success!

A helpful book for a therapist or person hoping enact the program

Dr. Martell and co did a great job on this book. If you apply the treatment described in this book just as it is intended, your patients will benefit a lot. really recommend it.

Excellent interface of therapies explained on sound theory

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