



Group Workbook for Treatment of Persistent Depression: Cognitive Behavioral Analysis System of Psychotherapy-(CBASP) Patient's Guide

Liliane Sayegh, J Kim Penberthy

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The Group Workbook for Treatment of Persistent Depression is a guide for patients suffering from persistent depression who participate in group therapy. The workbook provides handouts and skills training that require the help of a trained professional to teach and animate in a group format. Patients will be able to maximize their acquisition of emotion coping skills by using this book in conjunction with Group-CBASP sessions.

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