



# Transactional Analysis for Depression: A step-by-step treatment manual

*Mark Widdowson*

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**Transactional Analysis for Depression: A step-by-step treatment manual** Mark Widdowson

*Transactional Analysis for Depression* is the first research-based, transactional analysis psychotherapy manual. Developed from the author's research into TA therapy for depression, the book also draws upon a wide range of contemporary research findings relating to depression and its treatment. Mark Widdowson provides the reader with a solid understanding about the nature of depression and clear guidance about how to provide effective psychotherapy for depressed clients.

The book is a step-by-step guide to therapy, from the point of first contact through to ending, and covers:

The theory and practice of TA therapy

Understanding factors which maintain depression

Conceptualising depression using Transactional Analysis

Original material on the mechanisms of therapeutic change

Optimising the psychotherapy process


Key therapeutic processes in the therapy of depression

Tailoring the therapy to client needs

An introduction to neuroscience and the medical treatment of depression

Complete with an additional resources section, including downloadable material designed to be given to clients to enhance the therapeutic process and strengthen the working alliance, *Transactional Analysis for Depression* provides structured, practical guidance to TA theory for therapists in practice and training.

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