



Treatment for Chronic Depression: Cognitive Behavioral Analysis System of Psychotherapy (CBASP)

James P. McCullough Jr. PhD

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This volume describes the Cognitive Behavioral Analysis System of Psychotherapy (CBASP), a research-based approach designed to motivate chronically depressed patients to change and to help them develop needed problem-solving and relationship skills. Presenting clear, step-by-step guidelines for implementing CBASP--along with compelling empirical evidence that supports its efficacy--the book is filled with illustrative case material that brings challenging clinical situations to life. Also covered are ways to measure treatment outcomes and recommended procedures for training and supervision.

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