



Challenging Depression: The Go-To Guide for Clinicians and Patients (Go-To Guides for Mental Health)

Mark Zetin, Cara T. Hoepner, Jennifer Kurth

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Here, both therapist and client will learn the causes of depression, how to recognize and diagnose the different iterations of depression, the wide variety of psychotherapeutic and psychopharmacological treatment options available, and how to get the most out of those treatments.

Zetin, Hoepner, and Kurth explain the causes of depression, how to recognize and diagnose the different iterations of depression, and the wide variety of psychotherapeutic and psychopharmacological treatment options available. Even more important, they show patients how to best work with their clinicians and clinicians how to best help their patients. The book is liberally sprinkled with case discussions, which demystify the treatment protocols and show the various ways that clients respond to treatment. In this book, medical professionals have a go-to desk reference for their questions about depression, and consumers have a friendly, accessible introduction to an otherwise intimidating disorder.

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