



Overcoming Depression - Client Manual (Best Practices for Therapy)

Gary Emery

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Effective protocols save time, increase the probability of obtaining good results, make it easier to train and supervise new therapists, and satisfy the needs of third parties to know that the proposed treatment follows the best available practices. Protocols are consistently formatted and organized; a detailed session-by-session treatment program that includes worksheets, homework assignments, in-session treatment exercises, and didactic material; specific assessment measures, both for the target disorder and for the overall treatment program; a treatment plan summary for managed care requirements. This protocol outlines a ten-session treatment for individual adults experiencing depression. Techniques include acceptance of loss, reestablishing goals, motivational skills, and management of thoughts, feelings, and moods.

All of the therapist protocols in the Best Practices series share these common features:

- A consistent format and organization
- A detailed, session-by-session treatment program that includes worksheets, homework assignments, in-session treatment exercises, and didactic material
- Specific assessment measures—both for the target disorder and for the overall treatment program
- A treatment plan summary for managed care requirements

Each therapist protocol is accompanied by its own corresponding step-by-step client manual, containing all the education materials, worksheets, and skill-building assignments that the client will need.

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