

Cognitive Behavior Therapy Indonesia

Depression: 7 sessions

- 1) Overview the basic: History, assumptions, basic theory
Collaboration, agenda setting, guided discovery Developing goals for treatment, introducing basic concepts
- 2) Cognitive triad of depression
- 3) The downward spiral of depression
- 4) Basic strategy in treating depression
- 5) Application of cognitive intervention in depression client
- 6) The use of behavioral interventions and behavioral experiments in depression
- 7) Hopelessness and suicide
- 8) Addressing underlying assumptions
- 9) Termination and relapse prevention