



Problem-Solving Treatment for Anxiety and Depression: A Practical Guide

Laurence Mynors-Wallis

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Problem-solving treatment is a well researched, practical psychological intervention. The treatment is very much a here and now treatment, focusing on current difficulties and setting future goals. It does not dwell on past relationships and past mistakes. Patients are helped to gain a sense of mastery over their difficulties.

There is good evidence to support the use of problem-solving in treatment of patients with depression, emotional disorders, and after episodes of deliberate self-harm. Problem-solving has been developed as a brief, feasible, psychological treatment that can be delivered by non-specialists. Much of the evidence supporting the use of problem-solving treatment has been undertaken in primary care.

This definitive guide provides a 'hands-on' manual to assist potential therapists in understanding the background and rationale for problem-solving.

The first chapter of the book provides a brief description of the theory which lead to the development of problem-solving treatment. The research trials underpinning the effectiveness of treatment are discussed in chapter two. Chapters three to seven provide a detailed manual for potential therapists. The structure of problem-solving is set out supported by many relevant clinical examples. Detailed advice is given as to how to structure a course of problem-solving. Case examples of how problem-solving develops over a course of treatment are set out. Advice for would-be practitioners as to how best to deliver problem-solving and also guidance as to potential pitfalls are given. Chapter eight sets out the content of a two day course suitable for teaching problem-solving.

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James Martin:

Spent a free time for you to be fun activity to perform! A lot of people spent their spare time with their family, or their particular friends. Usually they carrying out activity like watching television, about to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the reserve untitled Problem-Solving Treatment for Anxiety and Depression: A Practical Guide can be great book to read. May be it could be best activity to you.

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