

Behavioral Activation For Depression: A Clinician's Guide By Christopher R. Martell PhD ABPP;Sona Dimidjian PhD;Ruth Herman-Dunn PhD

By Christopher R. Martell PhD ABPP;Sona Dimidjian PhD;Ruth Herman-Dunn PhD

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Behavioral Activation (BA) is a core component of Cognitive Behavioral Therapy and is one of the most powerful and lasting treatments for depression.

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WebMD explains why cognitive behavioral therapy (CBT) might be used to treat depression, how this approach works, and what to expect in sessions.

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Learn how Behavioral Activation is used to treat depression. Download worksheets and other resources throughout the Behavioral Activation treatment guide.

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