



Brief Therapy Approaches to Treating Anxiety and Depression

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Maintaining that most cases of anxiety and depression will respond to intelligently planned brief, directive therapies, Dr. Yapko has assembled this collection of 17 insightful and challenging papers illuminating such brief therapy methods. These innovative essays from such respected practitioners as S.G. Gilligan, J.C. Mills, E.L. Rossi, M.E. Seligman, and others, cover such topics as disturbances of temporal orientation as a feature of depression; the use of multisensory metaphors in the treatment of children's fears and depression; a hypnotherapeutic approach to panic disorder, anxiety as a function of depression; and more.



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