

From Sadness to Serenity: A Guide to Emotionally Focused Therapy for Depression



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Publisher: readolla.com

Published date: 2024

Here's the translation to English:

Emotionally Focused Therapy for Depression

• Part I: Fundamentals of Emotionally Focused Therapy

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 - 1.1.2. Goals of Emotionally Focused Therapy
 - 1.1.3. History of the Development of Emotionally Focused Therapy
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 - 1.2.1. Emotions in Depression
 - 1.2.2. The Role of Sadness in Depression
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 - 1.3.2. Acceptance
 - 1.3.3. Experimentation

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- 4.2.3. The Impact of Group Therapy on Emotions

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- 4.3.1. Family Therapy for People with Depression
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- 5.3.1. Examples of Patient Groups for Which Emotionally Focused Therapy is Suitable
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The book can be purchased at

<https://readolla.com/from-sadness-to-serenity-a-guide-to-emotionally-focused-therapy-for-depression>

