



Systemic Couple Therapy and Depression (The Systemic Thinking and Practice Series)

Eia Asen, Elsa Jones

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Based on a research project which demonstrated the effectiveness of systemic therapy, this book can be used as the basis of a training programme in systemic couple therapy, as a phase in the treatment of depression. It describes in explicit detail the range of techniques used and can therefore also inform the next generation of research studies, which will be greatly facilitated by this work.

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