

THE PSYCHOTHERAPY OF DEPRESSION:
AN OUTLINE AND COMPARISON OF FOUR MODELS

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The aim of the following dissertation is to review some aspects of the psychotherapy of depression. As the subject is a vast one, I will only describe four of the more popular models of the psychological treatment of depression.

The models chosen are Psychodynamic psychotherapy, Cognitive-behavioural psychotherapy, Interpersonal psychotherapy and Systemic - Family - Marital psychotherapy.

Following a general introduction regarding the nature of depression, and the general concepts and aims of psychotherapy, each of the models will be examined in turn.

The aim of the review will be to make some introductory remarks about the particular therapy itself leading to a more specific historical account of the model's understanding of the aetiology of depression and it will conclude with a description of some of the principles, techniques and applications of the model in clinical practice.

Although at various points comparisons will be made, no attempt will be made to compare the efficacy of the various models. Brief mention will be made of recent outcome studies but a proper examination of the question of efficacy is beyond the scope of this dissertation.

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