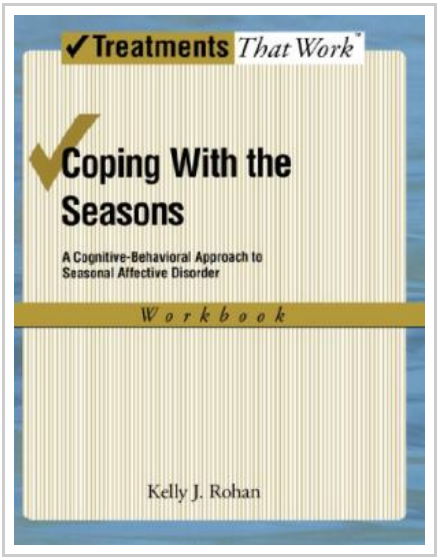


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Coping with the Seasons: Workbook: Workbook: A Cognitive-Behavioral Approach to Seasonal Affective Disorder (Paperback)

By Kelly J Rohan

Oxford University Press Inc, United States, 2008. Paperback. Book Condition: New. Workbook. 272 x 208 mm. Language: English . Brand New Book. Seasonal Affective Disorder (SAD) is a form of major depression that recurs at the same time every year, in the late autumn-winter months. The causes of SAD are not entirely known, though it is believed that the change in the availability of sunlight is the trigger. Statistics show that SAD becomes increasingly common the farther people live north or south of the equator, and episodes tend to be longer and more severe at higher latitudes. The current standard treatment for SAD is light therapy, in which the client uses a very bright light box for up to 90 minutes a day. This treatment is plagued by high discontinuation and relapse rates. In addition, between 45 and 55 of sufferers, especially those with severe depressive symptoms, never benefit from light therapy at all. In the author s studies, CBT in addition to light therapy had a 60 success rate a year out from the treatment, compared to a 100 relapse rate for light therapy alone. This workbook presents an evidence-based group treatment for SAD. In 12 sessions over 6...

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