

---

# Depression Case Study Example

---

Clinical Case Management for People with Mental Illness  
Clinical Case Studies for the Family Nurse Practitioner  
Making Sense of Psychiatric Cases  
Case Studies in Clinical Psychological Science  
Depression in Parents, Parenting, and Children  
Case Studies in Abnormal Psychology  
Culture and Depression  
Essential Components of Cognitive-behavior Therapy for Depression  
How to Fight Depression  
Mindfulness-Based Treatment Approaches  
Case Conceptualization  
Cognitive Evolutionary Therapy for Depression  
Contagious Emotions  
Clinical Case Formulation  
Case Studies in Communication Disorders  
Beating Depression: The Journey to Hope  
The ECT Handbook  
Interpersonal Psychotherapy for Posttraumatic Stress Disorder  
International Perspectives in Values-Based Mental Health Practice  
Comprehensive Casebook of Cognitive Therapy  
Common Mental Health Disorders  
Case Studies in Child and Adolescent Mental Health  
Transforming Clinical Research in the United States  
Depression Conceptualization and Treatment  
Cognitive Behaviour Therapy Case Studies  
Postpartum Mental Health Disorders: A Casebook

DSM-5 Classification  
Cognitive Therapy in Action  
The Experience of Psychopathology  
The Small Guide to Depression  
Psychodynamic Treatment of Depression  
DSM-5-TR Clinical Cases  
Problem-Solving Therapy for Depression  
Case Study Research in Counselling and Psychotherapy  
Simple Treatments for Complex Problems  
Case Studies in Behaviour Therapy  
Case Studies in Abnormal Psychology  
Psychotherapy for Children and Adolescents  
Brief Behavioural Activation for Adolescent Depression

*Depression Case Study  
Example*

*Downloaded from  
[intra.itu.edu](http://intra.itu.edu) by guest*

---

## **JOSEPH JUNE**

---

Clinical Case Management for People with  
Mental Illness Springer Science & Business  
Media

Integrating recent research and  
developments in the field, this revised  
second edition introduces an easy-to-  
master strategy for developing and writing  
culturally sensitive case  
conceptualizations and treatment plans.  
Concrete guidelines and updated case  
material are provided for developing

conceptualizations for the five most  
common therapy models: Cognitive-  
Behavioral Therapy (CBT), Psychodynamic,  
Biopsychosocial, Adlerian, and Acceptance  
and Commitment Therapy. The chapters  
also include specific exercises and  
activities for mastering case  
conceptualization and related  
competencies and skills. Also new to this  
edition is a chapter on couple and family  
case conceptualizations, and an emphasis  
throughout on trauma. Practitioners, as  
well as graduate students in counseling  
and in clinical psychology, will gain the  
essential skills and knowledge they need

to master case conceptualizations.

### **Clinical Case Studies for the Family Nurse Practitioner** Humanix Books

The Cognitive Behavioral Analysis System  
of Psychotherapy (CBASP) is a set of  
techniques that has proven to be  
efficacious in the treatment of chronic  
depression. This book describes ways in  
which it can be extended in the treatment  
of patients with a wide variety of  
psychological disorders and difficulties, in  
a wide variety of settings. Vivid case  
illustrations and session transcripts  
illuminate the authors' presentation of  
appropriate modifications and

implementations of the basic approach for personality and anxiety disorders, behavior problems in children, couples distress, and anger. The approach is flexible, efficient, and simple to train. One chapter focuses on methods for helping parents to help their own children more effectively. CBASP has been shown to work both for patients with severe psychological symptoms and for those with more common everyday problems; both for those who are psychologically sophisticated and for those who are not. *Simple Treatments for Complex Problems* offers powerful new tools for the clinical armamentarium of mental health professionals who do psychotherapy, and the conceptual armamentarium of those who train them and study treatment effectiveness.

### **Making Sense of Psychiatric Cases**

American Psychiatric Pub

This is the golden age of cognitive therapy. Its popularity among society and the professional community is growing by leaps and bounds. What is it and what are its limits? What is the fundamental nature of cognitive therapy? It is, to my way of thinking, simple but profound. To

understand it, it is useful to think back to the history of behavior therapy, to the basic development made by Joseph Wolpe. In the 1950s, Wolpe astounded the therapeutic world and infuriated his colleagues by finding a simple cure for phobias. The psychoanalytic establishment held that phobias-irrational and intense fear of certain objects, such as cats-were just surface manifestations of deeper, underlying disorders. The psychoanalysts said their source was the buried fear in male children of castration by the father in retaliation for the son's lust for his mother. For females, this fear is directed toward the opposite sex parent. The biomedical theorists, on the other hand, claimed that some as yet undiscovered disorder in brain chemistry must be the underlying problem. Both groups insisted that to treat only the patient's fear of cats would do no more good than it would to put rouge over measles. Wolpe, however, reasoned that irrational fear of something isn't just a symptom of a phobia; it is the whole phobia.

[Case Studies in Clinical Psychological Science](#) Routledge

This in-depth casebook takes mental

disorders from the realm of theory into the complex reality of human lives. Covering the full range of psychopathologies and types of patients, these cases focus on symptoms, the client's history, treatment, and outcome to provide detailed descriptions of a wide range of clinical problems.

*Depression in Parents, Parenting, and Children* Oxford University Press

This psychiatry book is devoted to the Experience Sampling Method (ESM), a methodology for collecting data on patterns of human behaviour, thought and feeling from real-life situations.

**Case Studies in Abnormal Psychology**  
RCPsych Publications

There are nine (9) psychological case studies of real people dealing with depression in this 37-page booklet. Each one shows how unique the consequences of this debilitating condition can be on one's life. The author of these studies, John F. Walsh, M.S. (1937 - 2012), spent the better part of his life - 45 years - working as a crisis intervention mental health professional within various mental health hospitals. Jack had a special knack for figuring out what was wrong and helping

people deal with their circumstances. The final write-up in this collection of case studies lays out his ideas for how you can best help your friend or loved one. Don't get so wrapped up in their problems that you neglect taking care of yourself.

Culture and Depression CreateSpace

Though grounded in traditional cognitive behavior therapy, this book refines the practical aspects of its application. The method described is flexible enough to be used for disorders other than depression.

*Essential Components of Cognitive-behavior Therapy for Depression* John Wiley & Sons

This book explains how cognitive therapy has developed, what it is and how it compares with other forms of psychotherapy, and describes how it is used successfully in treatment. Discussed are cases of depression, bulimia and general anxiety disorder.

**How to Fight Depression** SAGE

Grounded in extensive research and clinical experience, this manual provides a complete guide to interpersonal psychotherapy for depressed adolescents (IPT-A). IPT-A is an evidence-based brief intervention designed to meet the specific

developmental needs of teenagers. Clinicians learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms while developing more effective communication and interpersonal problem-solving skills. The book includes illustrative clinical vignettes, an extended case example, and information on the model's conceptual and empirical underpinnings. Helpful session checklists and sample assessment tools are featured in the appendices.

Mindfulness-Based Treatment Approaches McGraw Hill Professional

Depression, a highly common clinical disorder, is an important and clinically relevant topic for both clinical researchers and practitioners to address, because of its prevalence, impact on the individual and society, association with other mental and physical health problems and the social contexts in which it develops. Depression ranks in Germany and central Europe as the third among the leading mental disorders and world-wide is a leading cause of disability. It is estimated that 8.3 % of the German population is

depressed within a year (11.2 % women, 5.5 % men). These statistics mean that 4 million people per year are depressed in Germany alone (one year prevalence). According to the WHO, over 300 million people world-wide experience depression and in the USA the financial burden of this disorder, due to disability and work absenteeism, reaches Depression is also becoming more frequent over time and has a high risk of recidivism –particularly since its most common form, Major Depressive Disorder (DSM-5; ICD10) tends to occur in episodes. For example, 20% to 40% of people become depressed again within two years after their first depressive episode, meaning that a major aim of any therapeutic intervention should be to prevent future relapses. Depression also shows very high comorbidities with other mental and physical health conditions. Its overlap with anxiety pathology is so high that clinicians are concerned with whether the two disorder categories are indeed distinct or if they show substantial etiological overlap. Depression is also associated with heart disease and even cancer, making it a risk factor for mortality and morbidity that needs to be identified

early and addressed effectively. In addition to Major Depressive Disorder, the often severe Bipolar Disorder, and the chronic form of Depression referred to as dysthymia are additional mood disorders that among them require careful differential diagnosis. They also lead to questions regarding their common or distinct etiological mechanisms. In order to gain a better understanding of Depression as a clinical disorder, one needs to look at it as a multifaceted phenomenon. Depression is a neurobehavioral condition, and one has to be up to date and have solid understanding of its biological substrate, at a genetic, neuronal, hormonal and pharmacological level. Depression is also a socio-demographic phenomenon, and one needs to examine its epidemiology, that might contain significant cues towards its clearer understanding. It is more prevalent, for example, in certain regions, climates, age groups and genders (much more prevalent in women, with age of appearance in young adulthood but also presents as a significant problem for youth and the elderly), is associated with stereotypes and stigma and can be the aftermath of

crises, trauma and loss. The etiology of Depression remains under scrutiny, though recently much more knowledge is emerging from contemporary neuroimaging, genotyping and data science methods. Different neural and behavioral systems may be involved contributing to the significant heterogeneity within the disorder. Social roles, stressors, attachment patterns, family support and social networks, and individual (e.g. gender linked) vulnerabilities may contribute significantly towards increasing risk for developing depression. Different therapeutic approaches, like those stemming from the psychoanalytic/psychodynamic perspectives and those stemming from the cognitive/behavioral (2nd and 3rd wave) tradition focus on the components of etiology considered most dominant. As science progresses with clearer evidence regarding the important etiological factors and their interactions, these different perspectives, each with its own contribution, may need to take new developments into consideration, adapt and even begin to converge. These different aspects of the topic of

Depression, which are central to the scientific aims of clinical scientists, but also permeate the way clinicians approach assessment, diagnosis, case formulation and treatment, become the focus of the present volume. Following a conference held at the University of Cyprus, in Nicosia, Cyprus in October 2019, which included presentations by internationally renowned experts in the field on these various aspects of Depression, the idea of extending the topics presented and discussed at the meeting into more elaborated and substantive chapters and synthesizing them into an edited volume was generated. The aim was to fill a substantive gap, with a volume that would be beneficial to a wider, interdisciplinary audience of clinicians, trainees and researchers with examine the different aspects of Depression. In this Edited volume, with contributions from prominent experts in the field, we propose to discuss the subject of conceptualizing and treating Depression and related conditions (e.g. Suicide, Bipolar Disorder) from different theoretical perspectives and after taking into consideration current research into the etiology and maintenance of this

condition. Chapters on theoretical perspectives of treatment cover a wide range of approaches, that could be broadly clustered under behavioural and psychodynamic points of view. Perspectives discussed in this volume are psychodynamic therapy, 2nd waver CBT, acceptance and commitment therapy and mentalization therapy. Special topics with great relevance to treatment, include treatment in different levels of care (e.g. partial hospital setting; prevention of suicide; working with cancer patients). The book provides a unique combination of current empirical findings on etiology of depression and suicide, treatment considerations and practical recommendations, treatment in different settings and combination of different theoretical perspectives that can enrich a therapists' repertoire of tools for understanding and approaching depression. The book describes various theoretical approaches without adhering to anyone but with an effort to highlight common underlying themes like issues of loss, self-esteem, guilt, grief and emotion regulation as these permeate the various perspectives. In this way the book

presents a combination of science and practice and of various views that constitute an excellent resource of researchers, clinicians and students of mental health professions. In a final chapter the two editors, Drs. Christos Charis and Georgia Panayiotou, make an effort to impartially integrate information from the various perspectives, highlighting the utility of each approach to address specific vulnerability and etiological factors discussed in the book. In this regard, the volume stresses the idea of the need for continuous and open dialogue between perspectives, theories, levels of investigation, research areas, practitioner needs and scientific views to help make progress in treatment and address this complex and multi-faceted phenomenon in the service of patients, their carers and societies in general.

**Case Conceptualization** Elsevier

This is a collection of 48 highly useful case studies of children and adults with communication disorders.

Cognitive Evolutionary Therapy for Depression Souvenir Press

Case formulation is a key skill for mental health practitioners, and this book

provides examples of ten case formulations representing the most common mental health problems in a variety of populations and contexts, offering commentary on contrasting formulations of the same case. Provides an overview of the general features of case formulation and how it can drive treatment Features clinical cases from a variety of populations, focusing on a range of different problems Covers all the major theoretical perspectives in clinical practice – behavioural, cognitive behavioural, psychodynamic, medical , and eclectic Offers commentary on contrasting formulations of the same case for five different clinical problems

**Contagious Emotions** Guilford Press

This book uniquely combines CBT with the Department of Health stepped care model to provide the first comprehensive case study-approach textbook. A step-by-step guide to using CBT, the book is structured around case studies of clients who present with the most commonly encountered conditions; from mild to more complex, enduring symptoms and diagnosis. This distinctive practical format is ideal in showing how to put the principles of CBT

and stepped care into effect. As well as echoing postgraduate level training, it provides an insight into the experiences the trainee will encounter in real-world practice. Each chapter addresses a specific client condition and covers initial referral, presentation and assessment, case formulation, treatment interventions, evaluation of CBT strategies and discharge planning. Specific presenting problems covered include: - First onset and chronic Depression - Social Phobia - Obsessive-Compulsive Disorder - Generalised Anxiety Disorder (GAD) - Chronic Bulimia Nervosa and Anorexia nervosa - Alcohol Addiction - Personality Disorder The book also includes practical learning exercises for the reader and clinical hints, as well as extensive reference to further CBT research, resources and reading. This timely text will be invaluable for trainees on Improving Access to Psychological Therapies (IAPT) programmes, and anyone studying on postgraduate CBT courses. *Clinical Case Formulation* Routledge & Kegan Paul Books

Psychodynamic Treatment of Depression addresses the use of psychodynamic psychotherapy, both alone and in

combination with cognitive-behavioral, interpersonal, and medication treatments, as a method for reducing the psychological vulnerabilities that may predispose patients to persistent symptoms or recurrence of depression. Thoroughly revised and with new material, the second edition reflects changes codified in the DSM-5 classification and is intended for use by students, residents, or clinicians who are trained in the practice of psychotherapy. The authors' extensive clinical experience is thoroughly mined to provide techniques for tailoring the psychodynamic psychotherapeutic approach to patients with depression, and important topics such as narcissistic injury and vulnerability, guilt, defense mechanisms, and suicidality are addressed. The book is written in an accessible style and structured logically to support the acquisition and enhancement of psychotherapeutic skills through the systematic exploration of the psychodynamic model of depression. The volume's noteworthy content and features are many: Just as patients' responses to medications vary, responses to particular therapeutic interventions are different in

different patients. Accordingly, the authors locate psychodynamic psychotherapy within the context of current treatments for depression, including indications and contraindications. A multitude of detailed and compelling clinical vignettes clearly illustrate the dynamics and techniques and facilitate learning across diverse clinical roles and practice settings. A chapter on psychodynamic approaches to depression with comorbid personality disorder has been added to the new edition, because these disorders have been found to have an adverse effect on treatment outcome, including diminished response to antidepressants, reduced adherence to treatment, and longer time period to achieve remission. There is a growing evidence base for the effectiveness of psychodynamic psychotherapy, both alone and in tandem with other treatment modalities. Psychodynamic Treatment of Depression offers a robust model of psychodynamic therapy for depression and the detailed strategies and techniques clinicians need to improve outcomes with this significant patient group.

Case Studies in Communication Disorders

National Academies Press

Some of the most innovative and provocative work on the emotions and illness is occurring in cross-cultural research on depression. Culture and Depression presents the work of anthropologists, psychiatrists, and psychologists who examine the controversies, agreements, and conceptual and methodological problems that arise in the course of such research. A book of enormous depth and breadth of discussion, Culture and Depression enriches the cross-cultural study of emotions and mental illness and leads it in new directions. It commences with a historical study followed by a series of anthropological accounts that examine the problems that arise when depression is assessed in other cultures. This is a work of impressive scholarship which demonstrates that anthropological approaches to affect and illness raise central questions for psychiatry and psychology, and that cross-cultural studies of depression raise equally provocative questions for anthropology.

Cambridge University Press

This book brings psychiatric problems to

life by presenting twelve real case histories which illustrate common psychiatric conditions and their treatment. Each case history is followed by sections in which the psychiatrist "thinks aloud" about the factors that will influence the diagnosis and treatment of the case. These cases present realistic management problems, and will thus be useful to both psychiatrists in training and practicing psychiatrists who wish to polish their skills. Beating Depression: The Journey to Hope

National Academies Press

A thorough update to the 'must-have' guide to ECT for clinical psychiatrists, providing practical advice on safe and efficacious treatment.

**The ECT Handbook** Springer Nature

Many psychiatrists, obstetricians, primary care physicians, nurse practitioners, and other health care professionals have not been trained to adequately identify psychiatric disorders that present in postpartum women, and yet are often faced with patients expressing mental health symptoms that may lead to serious problems. Postpartum Mental Health Disorders: A Casebook offers brief, practical guidance on the recognition and

management of postpartum mental health disorders, including depression, anxiety disorders, obsessive compulsive disorder (OCD), psychotic disorders, bipolar disorders, posttraumatic stress disorders, personality disorders and eating disorders. Written by experienced clinicians, chapters are organized into collections of case examples and are designed to provide at-a-glance information about diagnoses, treatment, and outcomes with advice on when to refer to a specialist. Each chapter also includes an assessment tool to assist with diagnosis and a list of risk factors for developing postpartum disorders. An appendix of screening questionnaires is provided at the end of the book.

**Interpersonal Psychotherapy for Posttraumatic Stress Disorder** Springer Nature

The case studies in this book provide a unique source of material suitable for all practitioners and trainers. The book gives detailed descriptions of common cases seen in specialist child and adolescent mental health services (CAMHS) including depression, learning disabilities, Asperger's syndrome, anorexia, deliberate



self harm and schizophrenia. Subject reviews and summaries in each chapter aid comprehension, and explanatory figures, boxed text and lists make the content easy to recall. The book illustrates practical ways of managing and treating cases in an evidence-based manner. This resource is vital for child and adolescent mental health services practitioners, including psychiatrists, psychologists,

specialist child health nurses and social workers. Trainee child and adolescent mental health services practitioners will also find the information invaluable. [International Perspectives in Values-Based Mental Health Practice](#) Oxford University Press  
Interpersonal Psychotherapy for Posttraumatic Stress Disorder describes a

novel approach that has the potential to transform the psychological treatment of PTSD. Drawing on exciting new clinical research findings, this book provides a new, less threatening treatment option for the many patients and therapists who find exposure-based treatments grueling. Interpersonal Psychotherapy (IPT) for PTSD was tested in a randomized controlled trial that compared three psychotherapies.

Best Sellers - Books :

- [House Of Flame And Shadow \(crescent City, 3\)](#)
- [Think And Grow Rich: The Landmark Bestseller Now Revised And Updated For The 21st Century \(think And Grow Rich Series\)](#)
- [How To Catch A Leprechaun By Adam Wallace](#)
- [The Boy, The Mole, The Fox And The Horse By Charlie Mackesy](#)
- [Things We Hide From The Light \(knockemout Series, 2\) By Lucy Score](#)
- [A Court Of Thorns And Roses \(a Court Of Thorns And Roses, 1\)](#)
- [The Four Agreements: A Practical Guide To Personal Freedom \(a Toltec Wisdom Book\) By Don Miguel Ruiz](#)
- [Baking Yesteryear: The Best Recipes From The 1900s To The 1980s](#)
- [A Court Of Mist And Fury \(a Court Of Thorns And Roses, 2\)](#)
- [My First Learn-to-write Workbook: Practice For Kids With Pen Control, Line Tracing, Letters, And More! By Crystal Radke](#)