



La depressione infantile: Terapia cognitivo-comportamentale con bambini e adolescenti (Aspetti della psicologia) (Italian Edition)

Monica Dacomo, Susanna Pizzo

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Repentini cambi di umore, irritabilità, perdita di interessi possono rimandare a un quadro di depressione anche nell'infanzia oltre che nell'adolescenza. Se non riconosciuta e affrontata in maniera adeguata la depressione può persistere fino all'età adulta. Questo volume presenta i modelli teorici e gli strumenti pratici per la valutazione e il trattamento di tale disturbo nell'età evolutiva. Nella prospettiva delle autrici la terapia cognitivo-comportamentale rappresenta attualmente l'approccio più efficace ai fini della cura.

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