



# Mastering Depression through Interpersonal Psychotherapy: Monitoring Forms (Treatments That Work)

*Myrna M. Weissman*

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Containing forms that accompany *Mastering Depression Through Interpersonal Psychotherapy: Patient Workbook*, this book helps readers learn about depression, its symptoms, and how they relate to events in the patient's life. When used as a part of therapy with IPT and in conjunction with the accompanying monitoring forms booklet (0195188470), this book can help patients manage the effects of depression.

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