



Contemporary Psychological Approaches to Depression: Theory, Research, and Treatment: 1st (Environmental Science Research)

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In 1988, the Department of Psychology at San Diego State University initiated the first in a planned conference series on Contemporary Issues in Clinical Psychology. It was decided that the focus of this first conference would be depression. Consequently, a number of distinguished scholars were invited to San Diego to discuss contemporary theoretical, empirical, and treatment issues in depressive disorders. This volume contains the results of this conference. Each chapter remains true to the original presentation, although each has been extensively reworked by the authors for inclusion in a book format, and in some cases co-authors have aided in revisions for the volume. Given the sheer quantity and impressive quality of contemporary research, it may not be possible to overstate the impact of psychological approaches on our understanding of depressive disorders. Accordingly, the aim of this conference was, within the limited amount of time available for such an endeavor, to chronicle the current status of the psychology of depression. In inviting participants to this forum, no attempt was made to reflect only certain theoretical views. Contemporary psychological theory and research in depression, however, are dominated by cognitive viewpoints, and the influence of cognitive perspectives is thus unmistakable throughout the present volume.

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