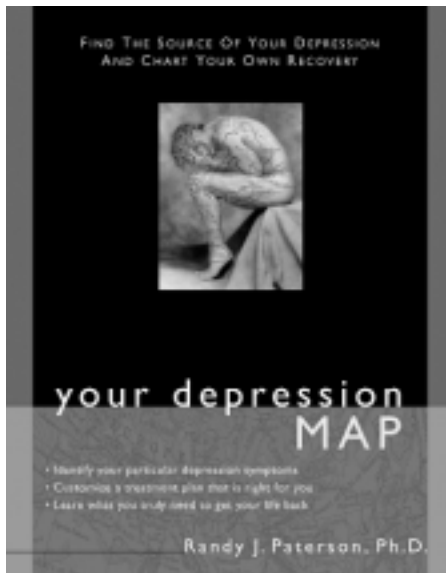


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We are pleased to announce the publication of . . .

Your Depression



Map

Find the Sources of Your Depression
and Chart Your Own Recovery

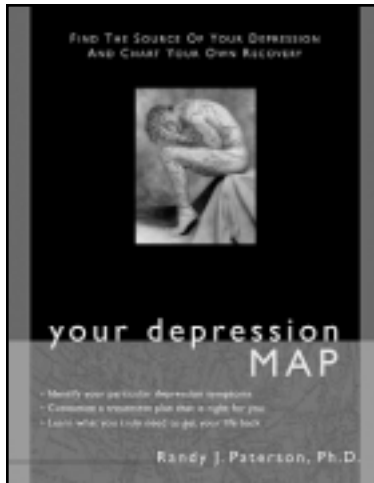
**Build a Treatment Program for Depression that is
Personalized to Meet Your Specific Needs**

*Please consider this helpful new book for review,
for excerption, and for your booklist.*

YOUR DEPRESSION MAP
ITEM YDM ISBN 1-57224-300-7, (PAPER), \$19.95, 300 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
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Your Depression IS Unique

Professionals who treat depression know that all sufferers of depression are not the same. Treatment programs that address the specific depression symptoms of the individual have a much higher rate of success than “one-size-fits-all” therapies. They also have a much lower rate of recidivism than traditional programs.

Not Every Treatment Is Right for You

The process of defining an individual’s particular depression symptoms is called depression mapping. Psychologist Randy Peterson is a leader in the area of depression mapping, and the developer of a program so successful that it has been taught at over 200 agencies around the world.

Get Better
and
Stay That
Way

Find the One that Fits Your Symptoms

The Depression Map shows you the multiple causes and symptoms of depression. Use its techniques to devise your own depression map, build a personalized treatment program that incorporates the most effective methods available. Learn to analyze outside help, make informed choices about biochemical and physical approaches, and control stressful thoughts and emotions.

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Suggested Interview Questions for Your Depression Map

1. What kinds of depression sufferers is this book written for? Can persons with mild depression benefit from depression mapping as much as those with major depression or bipolar disorder?
2. Is a self-help approach the best choice for someone suffering from clinically diagnosed depression? Isn't professional evaluation and treatment necessary?
3. Is the rate of depression in the US on the rise? Why do cases of depression seem to be more common in wealthy countries?
4. We often hear about depression as being a chemical imbalance, and about the availability of so many different "wonder drugs" for treating its symptoms. Aren't most cases of depression medically treatable?
5. Your book describes many different possible symptoms of depression. Is there any one treatment approach that can deal with all of them?
6. How do we begin the process of mapping our depression? Is the process very complex or time consuming?
7. What role do life style issues, such as proper diet and exercise, play in the treatment of depression?
8. Do our thoughts play a role in depression? Can we really change the way we perceive and think about our lives by following the exercises in your book?
9. What are some good ways to find support when recovering from depression? Are there other sources besides family and friends?
10. Will a greater sense of spirituality help when trying to beat depression?

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About the Author of

Your Depression Map



Randy J. Paterson, Ph.D., is a clinical psychologist and the coordinator of Changeways, a highly respected depression treatment program in Vancouver Hospital and Health Sciences Centre. A depression treatment program leader and developer whose successful methods have been taught to more than 450 agencies all over the world, Dr. Paterson is an adjunct assis-

tant professor in the Department of Psychology at the University of British Columbia. He is the author of *The Assertiveness Workbook*, and operates a Web site, www.randypaterson.com, providing information related to his books and training programs

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What's Been Said About

Your Depression Map

“

Your Depression Map presents a thorough consideration of the factors that help to explain depression.

Directly tied to these factors are effective change methods, which have been subjected to scientific study and put into wide clinical practice.

Your Depression Map will help anyone suffering from depression think about his or her experience in a more complete manner, and develop personal pathways out of depression.

This is one of the most thorough books about depression available today. ”

--Keith S. Dobson, Ph.D.,
Professor of Clinical Psychology,
University of Calgary

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