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This long awaited book provides the first full account and manual of a specific psychotherapeutic strategy for increasing psychological well-being, well-being therapy (WBT), by its developer. The technique is attracting increasing interest since it is the only evidence-based, clinical approach that can be subsumed under the rubrics of positive psychology and psychiatry.

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Well-Being Therapy

Dr. Fava has gradually formalized his new method of psychotherapy into what he calls well-being therapy (WBT). This small volume provides a description and guidance on his approach, and formalizes it in a form of a WBT manual. In the first part of the book, Dr. Fava describes the development of WBT.

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Well-Being Therapy. A specific psychotherapeutic strategy for increasing psychological well-being and resilience, Well-Being

Therapy, has been developed by Giovanni A. Fava, M.D., and validated in a number of randomized controlled trials. Well-Being Therapy is a short-term strategy, that emphasizes self-observation, with the use of a structured diary, interaction between patients and therapists and homework.

Well-Being Therapy - Well Being Therapy

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well being therapy treatment manual and clinical application

A decreased vulnerability to depression and anxiety also has been demonstrated after well-being therapy in high-risk populations (5, 6). I have written a manual for its use (4), with information that is useful for patients who want to pursue self-therapy that may help them obtain recovery. The book consists of 3 parts.

Well-Being Therapy: A Guide to Long-term Recovery - Mad In ...

Treatment manual and clinical applications. Basel, Karger, 2016). Translations of the manual have been published in Italian and Portuguese, and are in press in Chinese, Japanese, German and French. A certification process for WBT is now launched by the Academy of Well-Being Therapy (AWBT), whose president is Giovanni A. Fava, the father of WBT.

- Well Being Therapy

Medications don't prevent it, neither does cognitive behavioral therapy, and those are the frontline treatments now in use to maintain recovery. They have a good record at helping people get over a devastating attack. But beyond the acute episodes of depression, it's another story. That's where Well-Being Therapy comes in.

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