

New book by University of Louisville professor enables reader to develop personalized anti-depression plan

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A new book co-authored by the director of the University of Louisville Depression Center recognizes that depression is different for everyone and provides techniques and strategies for each person to develop a personalized action plan to combat depression.

"Breaking Free from [Depression](#): Pathways to Wellness" is available in paperback now from Guilford Press. An e-book version is currently being developed.

Its authors are Dr. Jesse Wright, director of the UofL Depression Center and professor of psychiatry, and his daughter, Dr. Laura McCray, a family physician with the University of Vermont. They have seen thousands of clinically [depressed patients](#) in their practices and understand that there is no one-size-fits-all universal cure.

The book provides six treatment methods for depression and is written so that readers can put together a personalized plan that works best for each individual. The book contains worksheets, questionnaires and exercises that will help guide readers to learn what is truly helpful to them in developing a treatment plan for depression.

"There are many different paths that lead to depression and equally as many paths that can be taken to wellness," Wright said. "Fortunately, you do not have to choose one path out of depression. You can combine

ideas and methods from more than one perspective on depression to craft a plan that works best for you."

Mental health providers have long believed that self-management is a key to successfully dealing with depression and Wright and McCray present evidence-based strategies for doing so in clear, compassionate language. Options from [antidepressant drugs](#) and behavior techniques to diet and [lifestyle changes](#) and spiritual resources are outlined in the book.

"Each of the paths is based on a different way of understanding depression and overcoming it," Wright said. "Whatever 'itinerary' you choose, this book will help you overcome roadblocks that have prevented you from achieving wellness in the past."

"This invaluable guide, written by a psychiatrist and a family doctor, is unique in its balanced coverage of psychotherapy, medication and other treatments for depression. It is clearly written and chock-full of tips and resources. If you suffer from depression, this is the best single book I've seen for you and your family," said Dr. Michael E. Thase, co-author of "Beating the Blues."

Provided by University of Louisville

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