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MIND OVER MOOD

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AudioCD #MMTX

Mind Over Mood: Change How you Feel by Changing the Way You Think

- Manual assisted therapy
 - Is it a good idea for clients?
 - Is it a good idea for therapists?
- Research on *Mind Over Mood's* helpfulness
- *Clinician's Guide to Mind Over Mood*: matching diagnoses with protocols

Introducing *Mind Over Mood* into Therapy

- Client compatibility
- Timing and relevance

Client Skill & Relapse Prevention

- Worksheets for skill development
- Hint boxes
- Increasing client motivation for self-help

Common therapist stumbling blocks

- Balancing structure, protocols and the therapy alliance
- Vague or ill-defined client goals
- Therapist beliefs

Demonstration

Reference Bibliography

- Greenberger, D. & Padesky, C. A. (1995). *Mind over mood: Change how you feel by changing the way you think*. New York: Guilford Press.
- Neimeyer, R. & Feixas, G. (1990). The role of homework and skill acquisition in the outcome of group cognitive therapy for depression. *Behavior Therapy*, 21, 282-292.
- Padesky, C.A. & Greenberger, D. (1995). *Clinician's guide to Mind Over Mood*. New York: Guilford Press.

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