



# **Men and Depression: Clinical and Empirical Perspectives (Practical Resources for the Mental Health Professional)**

*Sam V. Cochran, Fredric E. Rabinowitz*

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**Men and Depression: Clinical and Empirical Perspectives** is the only book currently available that integrates psychological theories and the latest research findings with clinical recommendations for working with men who are suffering from depression. This volume covers a wide range of topics and issues that relate to men and depression, including: assessment of male depression; statistics on depression in men; theories to explain depression in men; treating depression in men with both pharmacotherapy and psychotherapy; the interrelation of grief, loss, trauma, and depression in men; the problem of suicide and how to assess and treat suicide risk in men; and prospects for future work in this important area.

This is a unique reference and practical guide that integrates and evaluates research and clinical practice relating to the diagnosis and treatment of men with depression. The volume explores why men are underdiagnosed and undertreated for mood disorders and provides the clinician with practical guidelines for conceptualizing a treatment plan for men with depression.

## Key Features

- \* Only book on the current market to address the complex nature of male depression
- \* Integrates the latest research findings and clinical innovations
- \* Offers guidelines for the assessment, diagnosis, and treatment of male depression
- \* Addresses pharmacological treatments and their implications
- \* Extensively illustrated with case material and clinical inquiries

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People live in this new moment of lifestyle always make an effort to and must have the extra time or they will get great deal of stress from both day to day life and work. So , if we ask do people have spare time, we will say absolutely without a doubt. People is human not really a huge robot. Then we ask again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then do you ever try this one, reading books. It can be your alternative within spending your spare time, the actual book you have read is actually Men and Depression: Clinical and Empirical Perspectives (Practical Resources for the Mental Health Professional).

#### **Monique Hightower:**

Playing with family inside a park, coming to see the marine world or hanging out with pals is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Men and Depression: Clinical and Empirical Perspectives (Practical Resources for the Mental Health Professional), you can enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh come on its mind hangout folks. What? Still don't understand it, oh come on its known as reading friends.

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