

## Book Reviews

### **Behavioural Activation: Distinctive Features**

Jonathan W. Kanter, Andrew M. Busch and Laura C. Rusch New York: Routledge, 2009. pp.184, £9.99 (pb). ISBN: 978-0-415-44654-9. doi:10.1017/S1352465811000725

This small volume is deceptive in that it contains a comprehensive overview of Behavioural Activation. It has the potential to be an informative and accessible tool for both clinicians involved in the treatment of depression, and as a resource for those treating other disorders where secondary depression is a component. It can be taken as a complete self-contained theoretical approach or as a source of interventions and tools to be used alongside other treatment approaches.

The book is divided into two parts. Part One defines the theoretical background, terminology and driving philosophy of Behavioural Activation. Of particular interest is the chapter on meaning, as seen through the lens of Behavioural Activation and the importance of values in driving the planning of treatment.

Part Two is a more practical guide to implementing a Behavioural Activation assessment and treatment programme. A helpful flow chart covers the process of treatment and the chapter follows a similar structure. There are helpful treatment vignettes to highlight particular approaches and techniques throughout and examples of forms used for recording homework tasks. Of particular interest are the chapters on stimulus control procedures, practical thinking around suicidality from a Behavioural Activation point of view, and a refreshing reflection on the therapeutic relationship and its role as a reinforcer of behavioural change.

Overall, this is an accessible, clear and concise guide to implementing a treatment approach from assessment to follow-up, nicely grounded in theory and research. It serves as a timely reminder of the importance and effectiveness of the “B” in CBT for Depression.

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### **Overcoming Depression and Low Mood: A Five Areas Approach (3rd ed.)**

Chris Williams London: Hodder Arnold, 2009. pp. 400, £23.99 (pb). ISBN: 978-0-340-98605-9. doi:10.1017/S1352465811000737

Now in its third edition, this book has become a seminal addition to the growing body of guided self-help books for depression since it was first published 9 years ago. Written by one of the most prolific CBT self-help clinicians, and backed up by his own evidence-based research, it has become a popular and effective resource for depression for both patients and