Beyond cognitive behavior therapy:

A revolutionary approach to
improve psychological well-being

Giovanni A. Fava

Well-Being Therapy

Treatment Manual and Clinical Applications

Well-Being Therapy (WBT) is the psychotherapeutic approach developed by Giovanni Fava, a world-renowned psychiatrist and psychotherapist, and the editor-in-chief of *Psychotherapy and Psychosomatics*. WBT is an innovative strategy that is based on monitoring psychological well-being, whereby the patient progressively learns how to make it grow. This type of therapy has enjoyed much success and is increasing in popularity around the world.

The first part of this long-awaited book describes how the idea for WBT was formed, the first patient treated, and the current evidence that supports this approach. In Part II, Giovanni Fava provides the treatment manual of WBT, describing what each session entails, and includes many examples from his own cases. The last part covers some of the specific conditions for which WBT can be used and how sessions can be conducted. It includes sections on depression, mood swings, generalized anxiety disorder, panic and agoraphobia, and posttraumatic stress disorder. There is also information on the application of WBT in interventions in school settings. Throughout the book, Dr. Fava keeps things interesting by peppering his narrative with anecdotes from his medical career.

The primary audience for this book is professionals within psychology, psychiatry, and other fields of medicine (e.g., family practice, pediatrics, and rehabilitation). However, the book is written in a relaxed, clear, and accessible style that also makes it of interest to counselors, educators, and family and friends of patients, not to mention patients themselves.

'The publication of this first book on Well-Being Therapy (WBT) is a landmark event.'

Jesse H. Wright (University of Louisville, Louisville, Ky.)

KARGER

www.karger.com/well-being

Giovanni A. Fava

Well-Being Therapy

Treatment Manual and
Clinical Applications

KARGER

Fava, G.A. (Bologna)

Well-Being Therapy

Treatment Manual and Clinical Applications
XIV + 148 p., 6 fig., 66 tab., soft cover, 2016
CHF 33.00 / EUR 31.00 / USD 34.00
Prices subject to change, VAT not included
EUR price for eurozone countries,
USD price for USA and Latin America only
ISBN 978-3-318-05821-5
e-ISBN 978-3-318-05822-2

Fields of Interest:

Psychiatry, Gerontology, Pediatrics,
Psychology, Psychoanalysis,
Psychosomatics, Psychotherapy,
Rehabilitation

Visit the official Well-Being Therapy website:
www.well-being-therapy.com

CONTENTS

Foreword: Jesse H. Wright, Louisville, Ky.

Preface

Part I: THE DEVELOPMENT

Chapter 1: The Background

Chapter 2: The Philosophy Student and the Pursuit of a
Well-Being Enhancing Strategy

Chapter 3: The Process of Validation of Well-Being Therapy

Part II: THE EIGHT-SESSION PROGRAM OF WELL-BEING THERAPY

Chapter 4: Initial Evaluation

Chapter 5: Session 1

Chapter 6: Session 2

Chapter 7: Session 3

Chapter 8: Session 4

Chapter 9: Session 5

Chapter 10: Session 6

Chapter 11: Session 7

Chapter 12: Session 8

Chapter 13: The Four-Session Program

Part III: APPLICATION

Chapter 14: Depression

Chapter 15: Mood Swings

Chapter 16: Generalized Anxiety Disorder

Chapter 17: Panic and Agoraphobia

Chapter 18: Post Traumatic Stress Disorder

Chapter 19: Children and Adolescents

Chapter 20: New Directions

Chapter 21: Going Further

Index

Abbreviations

A unique journal
with a top SCI ranking of 9.196

Psychotherapy and Psychosomatics

Editor: Fava G.A. (Bologna)

More information at
www.karger.com/pps

Orders can be placed at agencies, bookstores, directly
with the publisher, or with any Karger distributor.

e: orders@karger.com

S. Karger AG, P. O. Box, 4009 Basel (Switzerland)

f: +41 61 306 12 34

USA: S. Karger Publishers, Inc., 26 West Avon Road, P.O. Box 529,
Unionville, CT 06085, Toll free: +1-800-828-5479

Germany: S. Karger GmbH, 79095 Freiburg

France: Enter & Read, Albertine Luginbuhl, 75014 Paris

Japan: Karger Japan, Inc., Tokyo 105-0012

South East Asia, China and Taiwan: Karger China, Shanghai 200001

Russian Federation: World of Periodicals, Moscow 125190

For details and further representatives and agencies see:

www.karger.com/worldwide

Library Recommendation

Dear Librarian

I have reviewed **Well-Being Therapy** and would like to recommend it for your library

Recommended by:

Department:

Date:

Signature:

ebooks are available on

KARGER