



# **Recovery from Depression Using the Narrative Approach: A Guide for Doctors, Complementary Therapists and Mental Health Professionals**

*Damien Ridge*

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## **Recovery from Depression Using the Narrative Approach: A Guide for Doctors, Complementary Therapists and Mental Health Professionals** Damien Ridge

Recovery from Depression Using the Narrative Approach explores people's experiences of depression, recovery and available treatments. The author explains how, by selecting a variety of 'narrative tools', such as talking therapies, yoga and complementary therapies, as well as conventional medical approaches, people can take control of their condition. By choosing more helpful narratives, they can gain a greater insight into depression, self-management and long-term recovery.

Written with a range of professionals in mind, including doctors, psychologists, psychiatrists, social workers, complementary therapists, community psychiatric nurses and talking therapists, this evidence-based book offers guidance on how to be an 'ally' in promoting patients' recovery.

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