



Mindfulness-based cognitive therapy for depression

<https://libcat.nshealth.ca/en/permalink/provcat34703>

Call Number: WM 425.5 .C6 S454m 2005
Author: Segal, Zindel V
Place of Publication: New York, NY
Publisher: American Psychological Association
Date of Publication: 2005
Physical Description: 116 min.
Series Title: APA psychotherapy series. VI, Spirituality
Subjects (MeSH): Cognitive Behavioral Therapy - methods
Depression - therapy
Meditation - methods
Mindfulness
Access: .
Format: DVD
Location: Nova Scotia Hospital
Copies: 2
Loan Period: 3 weeks