



# Cognitive Behavior Therapy for Insomnia in Those with Depression: A Guide for Clinicians

*Colleen E. Carney, Donn Posner*

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*Cognitive Behavior Therapy for Insomnia in Those with Depression* is the book for clinicians who recognize that insomnia is more often a comorbid condition that merits separate treatment attention. These clinicians know that two thirds of those who present for depression treatment also complain of significant insomnia and that one third of such patients are already taking sleep medication, and they may be familiar with the research showing that treating insomnia is often important in the management of depression. But what strategies should clinicians use for treating insomnia? How can motivation be enhanced? What about medications? Students and professionals alike will find the pages of *Cognitive Behavior Therapy for Insomnia in Those with Depression* replete with advanced tools to address the adherence problems often encountered in this group, and they'll come away from the book with a wealth of techniques for improving both sleep and overall symptom management as well as for treating the insomnia that occurs in comorbid disorders.

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