

Multiple Sclerosis (MS) is a chronic, often disabling disease that affects more than 400,000 people in the United States. In addition to the physical challenges it poses, MS can have negative emotional effects. Depression, anxiety and stress are common among patients with MS. This therapist guide provides instruction for delivering treatment to individuals with MS who are experiencing stress and depressed mood. The stress and mood management program described has been developed over more than ten years of research and clinical trials. The treatment is based on cognitive-behavioral therapy (CBT) and is divided into two parts. Part I incorporates standard behavioral activation and cognitive restructuring techniques while Part II consists of optional modules designed to address specific problems that are common among MS patients. These include problems in social functioning and management of symptoms like fatigue, pain and cognitive impairment. A module on self-injection anxiety is a unique feature of the program that has proven to help patients overcome their fear of self-administering prescribed injectable medications. Step-by-step instructions for administering therapy are provided in this book in a user-friendly format, along with information on assessment. Complete with sample dialogues, at-home assignments, and lists of materials needed, this comprehensive guide includes all the tools necessary for facilitating effective treatment.

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