

PSYCHOTERAPIE DEPRESE

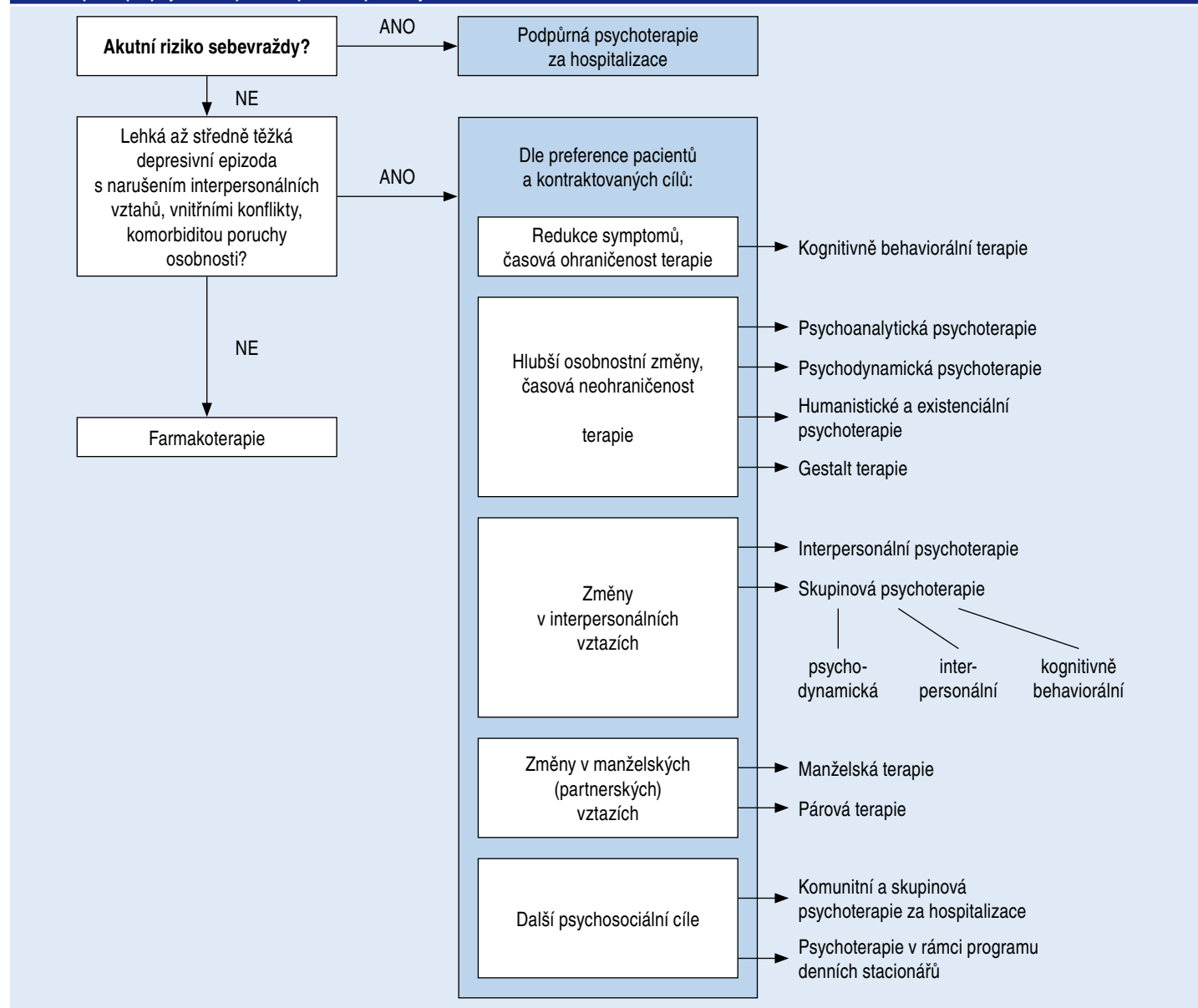
MUDr. Michal Kryl

Psychiatrická klinika, FN a LF UP Olomouc

Deprese vyžaduje kromě biologické léčby i psychoterapeutickou intervenci. V současnosti je k dispozici řada psychoterapeutických postupů vycházejících z navzájem se lišících psychoterapeutických škol. Právě pro své různorodé teoretické zdroje jsou výsledky sledování účinnosti podle kritérií evidence – based medicine navzájem obtížně srovnatelné. Schéma nabízí přehled jednotlivých kroků při hledání nejúčinnějšího psychoterapeutického přístupu pro depresivního pacienta.

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Schéma postupu psychoterapie u depresivní poruchy



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MUDr. Michal Kryl

Psychiatrická klinika FN a LF UP Olomouc
I. P. Pavlova 6, 775 20 Olomouc
e-mail: michal.kryl@seznam.cz