

## **Prevention of relapse in recurrent depression using a new form of cognitive therapy**

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Sequential treatment in which CT (or MBCT) is started after antidepressant treatment remission (Teasdale et al., 2000, Ma & Teasdale, 2004) or after diverse types of acute treatment (Bockting et al., 2005), appears to be an effective strategy to prevent recurrence in patients who are at high-risk for recurrence. This workshop demonstrates the main ingredients of preventive CT using DVD and role plays.