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Pearce's "Cognitive behavioral therapy for Christians with depression: A practical tool-based primer" (book review)

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Book Reviews



Pearce, M. (2016). *Cognitive behavioral therapy for Christians with depression: A practical tool-based primer*. Conbohoken, PA: Templeton Press. 248 pp. \$19.95. ISBN 9781599474915

This book introduces and promotes an empirically-validated model for Christian Cognitive Behavioral Therapy (CCBT) to treat Christians who suffer from depression. This book targets mental health professionals, who can use CCBT beneficially with their Christian clients, regardless of their own worldviews. This is not a Christian book as such. The goal is to show how therapists can integrate the Christian patient's faith into the process of therapy, which has proven to be very effective in treatment. The book has eleven chapters spread over two parts. Part one is an "Overview of Christian Cognitive Behavioral Therapy" and Part Two examines "Seven Practical CCBT Tools." After the introductory chapter, chapter two describes assessment to determine if CCBT is appropriate, since "Christian" clients must both practice their faith and consent to using it in therapy. Chapter three describes CCBT in more detail, especially how to introduce it to a client. The next seven chapters introduce seven tools, one per chapter. Each chapter includes a case study of a Christian experiencing depression and their discussion of how CCBT and the specific tool being introduced, along with its scientific support, "could enhance treatment...over and above a conventional CBT [Cognitive Behavioral Theory] approach" (p. 16). These tools include: planting truth, metanoia, redemptive reframing, reaching out and connecting, acceptance and forgiveness, gratitude, and service. The appendices list resources and approaches for CCBT. Mental health practitioners who have practicing Christian clients who suffer from depression will benefit from reading this book. Appendix A is for clergy to give them a list of warning signs that would be a reason for them to refer a parishioner to mental health professionals who can do CCBT and provides information on finding one.

Reviewer

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