

Authors/Researchers/Trainers whose work you may consult during the course of self-study. This list is far from comprehensive, and therapists can enhance their study by reviewing the sources that these authors reference in their work:

Peter Lewinsohn¹
Sona Dimidjian
Neil Jacobson
Christopher Martell
Ricardo Muñoz
David Richards
David Ekers
Jonathan Kanter
Edward Watkins²
Susan Nolen-Hoeksema³
Ruth Herman-Dunn
Michael Addis
Manuel Barrera
Lynn Rehm⁴
Arthur Nezu⁵
Christine Nezu
Derek Hopko⁶
Cark Lejuez

¹ The originator in most ways of behavioral treatment for depression

² Professor Watkins' research is on rumination based treatment for depression, and not specifically BA, but is salient to the practice of BA

³ Professor Nolen-Hoeksema's research is on the function of rumination in depression

⁴ Professor Rehm's research was in "self-control treatment for depression" but the behavioral perspective from which he wrote is consistent with the BA model and useful in understanding the approach

⁵ Drs. Arthur and Christine Nezu have developed a treatment in its own right, Problem-Solving, that has been successfully used with depressed clients. Their approach is a CBT approach, and the principles of problem-solving are relevant to BA.

⁶ Drs. Hopko and Lejuez have developed a brief behavioral activation treatment for depression that is slightly different from the BA approach of Martell, Addis & Jacobson (2001); Martell, Dimidjian & Herman-Dunn (2010) but is consistent with a behavioral approach to depression and has research support as a BA approach.