

**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 Lewinsohn<sup>1</sup>  
Sona Dimidjian  
Neil Jacobson  
Christopher Martell  
Ricardo Muñoz  
David Richards  
David Ekers  
Jonathan Kanter  
Edward Watkins<sup>2</sup>  
Susan Nolen-Hoeksema<sup>3</sup>  
Ruth Herman-Dunn  
Michael Addis  
Manuel Barrera  
Lynn Rehm<sup>4</sup>  
Arthur Nezu<sup>5</sup>  
Christine Nezu  
Derek Hopko<sup>6</sup>  
Cark Lejuez

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<sup>1</sup> The originator in most ways of behavioral treatment for depression

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

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

<sup>4</sup> 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

<sup>5</sup> 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.

<sup>6</sup> 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.