



# PRESCRIPTIONS: THERAPEUTIC POEMS FOR THE HEALING OF DEPRESSION

*Perri Johnson*

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**PRESCRIPTIONS: THERAPEUTIC POEMS FOR THE HEALING OF DEPRESSION** Perri Johnson "Prescriptions" is a self-help book which combines poems to help heal depression with a discussion of the causes of depression and how to overcome it. It can be read straight through to gain a broad-based understanding of treating depression or readers can select poems with specific therapeutic qualities. It is written for those who are or have been depressed in reaction to repeated disappointments, relationship demise, family discord, loss, spiritual warfare, aloneness, and overwhelming stress. The prescriptions may be used to help others or to prevent the occurrence or reoccurrence of depression. Each poem relates to a common experience of depression and suggests strategies and behaviors to quarantine and reverse various types of depression. Readers can do this by identifying with the subject of the poem or gaining inspiration by following the positive suggestions and internalizing the messages of hope nestled within each poem. Many are excellent daily affirmations. Perri Johnson, Ph.D., clinical psychologist, maintains a private practice in Hollywood Hills, CA. He renders psychological services to many in the film and entertainment industry, as well as, greater Los Angeles. He serves a primarily adult population, however, provides specialized services for children using highly developed technology. The positive psychology and cognitive-behavioral therapeutic interventions articulated in this work are the results of his work in the area of treating depression for the past 15 years. Dr. Perri Johnson was a popular radio personality for many years in Philadelphia during the 70's and early 80's. He worked in radio in the Newark-New York and Los Angeles areas through the mid 80's. He celebrated a number one record on the dance charts with Hamilton Bohannon in 1981. After enjoying success in the entertainment industry, he returned to academia to earn advanced degrees. Dr. Johnson holds two Masters Degrees in psychology and Doctorate in clinical psychology.

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