



no significant differences in favour of the intervention group, and in

counselling and therapy: a quantitative review”, one of the first meta-

### **LEVELS OF PREVENTION IN PBC**

The preventive levels for mental health defined by Caplan and Caplan (2000) in community psychiatry, are used to define the

may be dangerous because the people that could benefit more from

There is also sufficient evidence to show that unsolicited help to be effective. Using such scientific knowledge when designing

may raises, even if they are scientifically-based. For example,

### **UNAVOIDABLE BEREAVEMENT INTERVENTION IN PRIMARY CARE**

nothing. Those little details are so significant and important that they

(UBI), and the psychotherapeutic non-specific factors are present.

is so difficult to evaluate its effectiveness.

has revealed surprisingly few significant differences in outcome of the specific problems (Wanpold et al., 1997; Luborsky et al., in common, with the goal of creating more efficacious treatments

