

Kinds Of Therapy For Depressed Patients

Behavioral therapy offers a fairly high success rate. It can be conducted on an individual basis or as part of a group therapy strategy. Behavioral therapy focuses primarily on helping depressed patients to develop coping strategies for the problems they encounter and new patterns of behavior. This technique also involves instructing patients to increase their recognition of desirable situations and events as they happen. In a sense, behavioral therapy is a means of teaching people to find the positive and to better deal with the negative. It attacks depression on both fronts and is a popular treatment option.

1. Interpersonal Therapy

This strategy is premised on the notion that interpersonal difficulties are the primary problem experienced by the depressed patient. It works by increasing the awareness of interpersonal interaction patterns and teaches the patient how to alter and improve these patterns. It is often perceived as a short-term treatment option for depression, but does offer a success rate on par with other popular therapeutic techniques.

2. Cognitive Therapy

Cognitive therapy utilizes behavioral techniques to retrain thinking patterns in depressed patients. Cognitive approaches also boast a relatively high level of success and research indicates that this technique may decrease the likelihood of experience additional depressive episodes after treatment is completed. Cognitive therapy is focused upon recognizing and then correcting thinking patterns that are believed to contribute to depression. This is accomplished via restructuring exercises performed under the guidance of a professional.

3. Other Therapies

Other therapy options do exist. Talk therapy, reminiscence therapy and self control therapy strategies have all been used to treat those with a diagnosis of depression. The optimal therapeutic approach cannot be easily discerned and will vary from patient to patient.

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