

Change Your Mind and Change Your Mood: Treatment Options For Depression

The two most common treatments for managing depression are psychotherapy and anti-depressant medications. The best approach to managing depression is often a combination. Medication helps reduce the symptoms of fatigue or insomnia, loss of appetite, and feelings of hopelessness or inertia.

You are probably familiar with the popular anti-depressant medication, Prozac. It is now one of many medications shown to be effective in treating depression symptoms. *Medications cannot address the underlying cognitive and psychological patterns, which accompany and often trigger depressive moods. Medications also come with a multitude of potential side effects, which needs to be taken into account.*

Psychotherapy is a non-drug alternative, and is generally as, or more effective than medications in treating unipolar depression. Combining psychotherapy and medication is often a preferred method, because this tends to give quick relief to symptoms, while addressing the underlying psychological issues; this reduces the susceptibility to relapse. Individuals treated with medication alone run a higher risk of experiencing recurring bouts of depression once they discontinue the medications.

The most effective psychotherapies are:

Cognitive Behavioral Therapy (CBT) teaches how to identify and correct depressive styles of thinking and behaving.

Interpersonal Therapy teaches relationship skills and healthier stress coping strategies.

Both are short-term therapies focused on changing mental and behavioral patterns.

I frequently utilize clinical hypnosis to facilitate the efficiency of CBT. Clinical hypnosis can facilitate mental/emotional and behavioral change quicker and easier. It is simply a relaxed state of focused concentration. Relax and change--What a deal!!!

Long-term research shows the effectiveness of medication and psychotherapy for treating depression. Depression is highly receptive to good treatment and good treatment is available from a variety of sources.