

Psychotherapy Options for Adult Depression

Ego Supportive Interventions-build on client's strengths

Crisis Intervention-aim to alleviate the distress and reestablish quality of life

Interpersonal Therapy- considers interpersonal conflicts the cause of the depression and the goal is to repair these through role transitions, grief processes, etc.

Cognitive-Behavioral Interventions - techniques are aimed at the client's thinking (distorted thinking)

Social Support Skills Training - a type of Cognitive-Behavioral, aims to increase the social skills of the client

Exposure Therapy - reduce the clients' depression by guiding his/her exposure to situations evoking it

Psychodynamic Therapy - deals with the clients intrapsychic wishes and conflicts

Group Therapies - a variety of techniques are used, with accountability within groups

Psychoeducation Models - teaches families and clients about the disease, how to cope and recognize symptoms