

CBT for DEPRESSION

Depression is a very common and most reported mental health disorder. Depression is not sadness but much more severe and includes many symptoms over a period of time. The data shows that one in 15 adults in any given year and one in six adults' experiences at some time in their life period. It can affect anyone even to the person living in the most ideal situations.

Depression is the most treatable disorder, 80-90% people suffering with depression respond well to the treatment.

This workshop focuses on:

Diagnosis:

- Types of Depression
- Symptoms and signs
- CBI assessment of Depression

Treatment

- Structure of Therapeutic session
- SOLER
- Client's Compliance
- Application of BDI: Scoring and subjective evaluation
- SAD assessment
- Treatment goals and interventions for depression
- Cognitive Model of Depression
- Five main check points of Depression
- Treatment Strategies of Depression

Resource Person



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