

Therapy can be a helpful tool in treating depression. A psychotherapist, psychologist, or clinical social worker can provide treatment for depression and other mental health issues. This resource explains some common types of therapy for depression.

Cognitive Behavioral Therapy (CBT)

CBT focuses on the way our thoughts, behavior, and emotions impact each other. Therapists who use CBT teach new ways to behave and think in order to treat depression. Treatment is usually brief, lasting between 8 and 12 sessions.



Interpersonal Therapy (IPT)

Interpersonal therapy is all about relationships. Therapists trained in IPT work to change relationships that cause and maintain depression. IPT normally lasts between 12 and 16 sessions.



Problem Solving Therapy (PST)

Problem-solving therapy focuses on identifying problems and ways to solve them. Therapists who use PST help individuals to find multiple solutions to a problem, identify the best one, and find a way to use it to resolve the issue.

Electroconvulsive Therapy (ECT)

ECT is used in cases of severe depression that is not getting better with therapy and medication. An electronic current is carefully sent into the brain to try to help reduce depression. ECT is painless as the person receiving treatment is under anesthesia.

