

DEPRESSION THERAPY GROUP

12 Week CBT Treatment Program

Depression affects millions of Americans each year. If you are experiencing some of the following symptoms, you may benefit from this group:

- **Sadness, loss of pleasure, or depressed mood much of the time**
- **Diminished interest in most activities or lack of motivation**
- **Fatigue or low energy**
- **Changes in appetite (decreases or increases)**
- **Feelings of restlessness or irritability**
- **Feelings of worthlessness, low self esteem or hopelessness**
- **Difficulty concentrating**
- **Change in sleeping patterns (i.e. difficulty sleeping or sleeping more than usual)**

The Cognitive Therapy Institute, A.P.C. offers a 12 week treatment group for depression using an educational, active treatment approach known as *Cognitive Behavioral Therapy* (CBT). Numerous research studies have shown CBT to be highly effective in the treatment of depression and the prevention of relapse. Group members may include individuals who currently take antidepressant medication as well as those who are not on medications.

Participants will learn to:

- **Develop an active plan to improve mood and self esteem** by increasing pleasurable activities, exercise, and/or social involvement
- Understand the ways in which thoughts affect mood and behavior, and **learn to pinpoint the specific thoughts, beliefs, and behaviors that are keeping you depressed**
- **Use specific techniques to change the self-defeating patterns of negative thinking and depressive behavior** that contribute to depression
- **Establish strategies to promote lasting benefits and to prevent relapse**

Where: The Cognitive Therapy Institute (www.cognitivetherapysandiego.com)
3262 Holiday Ct. Suite 220, La Jolla, CA 92037 (near I-5 & La Jolla Village Dr.)

When: Call (858) 450-1101 to schedule an individual intake evaluation (50 minutes) required prior to start of group.

Fee: \$60 per group session (90-minute sessions)

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