

Help With Depression

Mild to moderate depression is highly treatable, often without medication. However, the most effective form of treatment is often a combination of Cognitive Behaviour Therapy (CBT) and some medication.

When feeling depressed, people think negatively about themselves (I'm a failure. No one loves me.), the world (There is nothing good out there.) and the future (Things will never improve.). These types of thoughts are distortions that can look and feel true, but only when a person is depressed. At Shift Cognitive Therapy we use CBT to help people become aware of and challenge distorted thoughts that lead to depression. We also focus on changing behaviours that reinforce depression, making it easier to return to normal living.

CBT for depression is an active, 'doing' therapy and not simply a talking therapy. It is a collaborative process where the client and psychologist work together to identify strategies that will be effective. CBT has a long history of research-based support showing that it is effective as a treatment and flexible enough to adapt to any person's particular situation and needs.

Treatment is usually short-term, typically lasting between 10 and 20, one-hour sessions and focuses on finding effective ways to cope right now. Teaching clients to minimize the chances of relapse and manage future episodes of depression that might occur are other key goals. Services are covered by extended health benefit plans and are tax deductible.