

Psychological Interventions in Depression

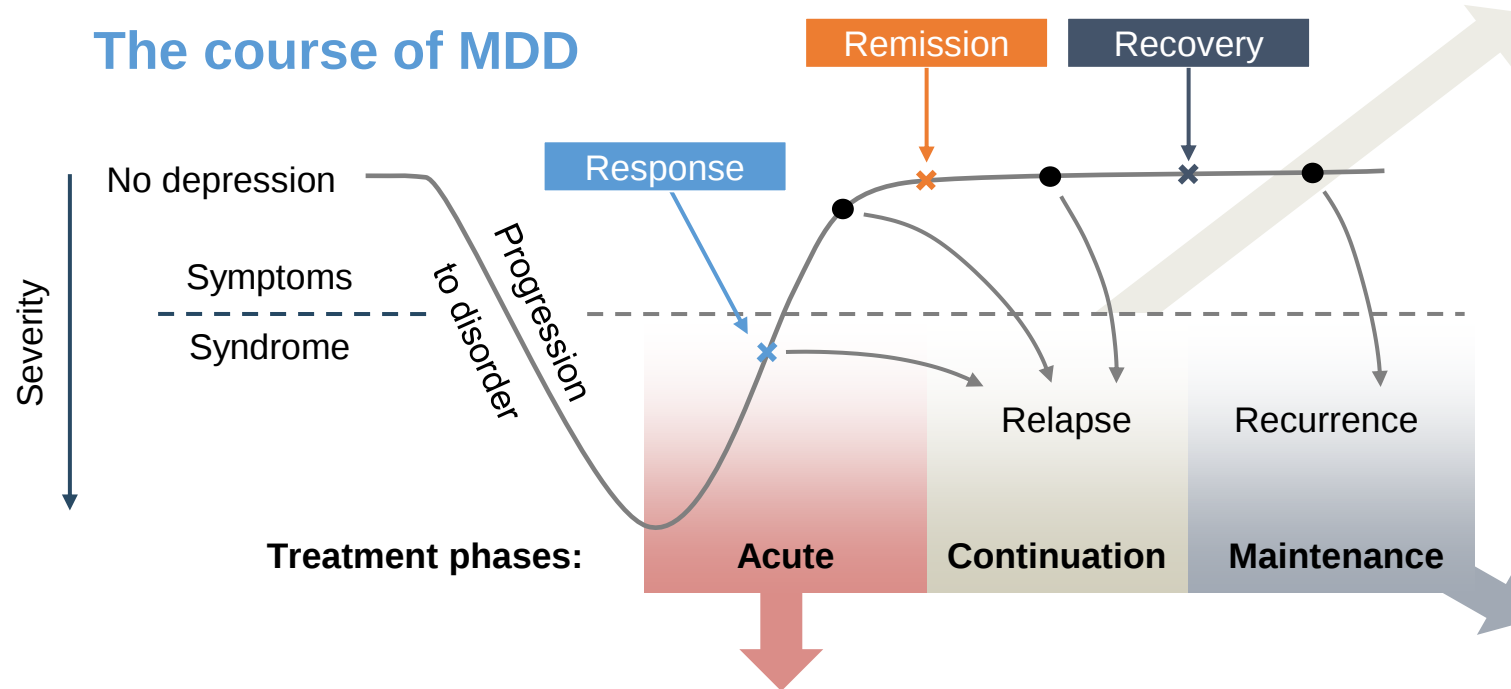
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The course of MDD



Goals of Intervention:

□ The goals of **continuation phase** :

- **Prevent relapse**
- **Restore the patient's level functioning**
(at least to levels seen prior to the episode)

□ The goals of **acute phase** treatment are to:

- Achieve **removal of symptoms**
- Prevent **suicide**
- Achieve an improvement in **functioning** and quality of life

□ The goals of **maintenance phase**:

- **Prevent a new episode**
- **Prevent suicide**
- **Full recovery**

Psychological Interventions in Depression (Adults)

- Behavioural therapy (BT)
- Cognitive-behavioural therapy (CBT)
- Transdiagnostic Cognitive-behavioural therapy (Unified-protocol, UP)
- Mindfulness-based cognitive therapy (MBCT)
- Acceptance and Commitment therapy (ACT)
- Schema therapy (ST)
- Interpersonal psychotherapy (IPT)

Psychological Interventions in Depression (Children & Adolescents)

➤ PLAYTHERAPY

- Theraplay
- Child-parent relationship therapy (CPRT)
- Child-centred play therapy (CCPT)
- Cognitive-behavioural play therapy (CBPT)

➤ PSYCHOTHERAPY

- Schema therapy for children & adolescents (ST-CA)
- Acceptance and Commitment therapy (ACT)
- Cognitive therapy (CT)
- Cognitive-behavioural therapy (CBT)
- Transdiagnostic Cognitive-behavioural therapy (Unified-protocol, UP-C/UP-A)

Behavioural therapy (BT)

- Behavioral therapy is a term that describes a broad range of techniques used to change maladaptive behaviors.
- Unlike the types of therapy that are rooted in insight (such as psychoanalytic therapy and humanistic therapies), in behavioral therapy the behavior itself is the problem and the goal is to teach people new behaviors to minimize or eliminate the issue.
- Behavioural therapy is based on the concept that a deficit of 'reinforcers', such as pleasant activities and positive interpersonal contacts, leaves patients vulnerable to depression

Behavior therapy (BT)

➤ Sample Techniques:

- Flooding
- Systematic desensitization
- Shaping
- Contingency management
- Behavior modeling
- Token economies
- Extinction
- **Behavior Activation (BA)**: increase activity level, structured goal setting, interpersonal skills training

Cognitive-behavioural therapy (CBT)

- Cognitive behavioral therapy (CBT) is a type of psychotherapeutic treatment that helps people learn how to identify and change destructive or disturbing thought patterns that have a negative influence on behavior and emotions.
- Through CBT, these thoughts are identified, challenged, and replaced with more objective, realistic thoughts.
- The goal of cognitive behavior therapy is to teach people that while they cannot control every aspect of the world around them, they can take control of how they interpret and deal with things in their environment.

Cognitive-behavioural therapy (CBT)

➤ Sample Techniques:

- **Identifying Negative Thoughts:** It is important to learn how thoughts, feelings, and situations can contribute to maladaptive behaviors. It can ultimately lead to self-discovery and insights.
- **Practicing New Skills:** It is important to start practicing new skills that can then be put in to use in real-world situations. For example, a person with depression might start practicing new coping skills to deal with social situations.
- **Problem-Solving:** Learning problem solving skills can help you identify and solve problems that arise from life stressors
- **Self-Monitoring:** Also known as diary work, self-monitoring is an important part of CBT that involves tracking behaviors, symptoms, or experiences over time and sharing them with your therapist. For example, a person with depression may involve keeping track of mood during week.

Cognitive-behavioural therapy (CBT)

➤ Effectiveness

- Today, cognitive behavioral therapy is one of the **most well-studied** forms of treatment
- It has been shown to be effective in the treatment of a **range of mental conditions** including depression
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- CBT has shown **efficacy equivalent to pharmacological therapy** in randomized, controlled trials.
- Furthermore, the **combination** of CBT and pharmacotherapy is superior to pharmacotherapy alone

Transdiagnostic Cognitive-behavioural therapy (Unified-Protocol, UP)

- The Unified Protocol (UP) is a form of cognitive-behavioral therapy (CBT) for individuals diagnosed with anxiety disorders, depression and related disorders (which we refer to as emotional disorders).
- It was developed by David Barlow and a team of researchers at Boston University.
- Clinically, it is evident that there is a high degree of comorbidity amongst anxiety and depressive disorders.
- Research findings suggest that this comorbidity is due to core deficits across the range of these diagnoses.
- The Unified Protocol was developed to explicitly address the core deficits shared across emotional disorders.
- The UP combines elements such as mindfulness, cognitive therapy, and behavioral therapy.

Mindfulness-based cognitive therapy (MBCT)

- Mindfulness-based cognitive therapy (MBCT) is a combination of cognitive therapy, meditation, and a present-oriented, non-judgmental attitude called "mindfulness."
- MBCT was developed by therapists Zindel Segal, Mark Williams, and John Teasdale
- 'Mindfulness' describes a greater awareness of what is happening in the present moment.
- Mindfulness techniques are a way of connecting with thoughts and feelings in order that a person can change the way they react to them

Mindfulness-based cognitive therapy (MBCT)

➤ Sample Techniques:

- **Meditation:** People may practice guided or self-directed meditation that helps them gain a greater awareness
- **Body scan exercise:** This involves lying down and bringing awareness and attention to different areas of the body.
- **Mindfulness practices:** Mindfulness involves become more aware of the present moment for example by paying attention to the **five senses**

Mindfulness-based cognitive therapy (MBCT)

➤ Effectiveness

- A study published in The Lancet found that MBCT helped prevent depression recurrence as effectively as maintenance antidepressant medication did.
- MBCT has also been studied in trials versus antidepressant monotherapy, which showed that the time to relapse with MBCT did not differ from treatment with antidepressant monotherapy

Acceptance and Commitment therapy (ACT)

- Acceptance and commitment therapy (ACT) is a type of psychotherapy that emphasizes acceptance as a way to deal with negative thoughts, feelings, symptoms, or circumstances.
- It also encourages increased commitment to healthy, constructive activities that uphold your values or goals.
- Unlike cognitive behavioral therapy (CBT), the goal of ACT is not to reduce the frequency or severity of unpleasant internal experiences like upsetting cognitive distortions, emotions, or urges.
- Rather, the goal is to reduce your struggle to control or eliminate these experiences while simultaneously increasing your involvement in meaningful life activities (i.e., those activities that are consistent with your personal values).

Acceptance and Commitment therapy (ACT)

➤ Sample Techniques:

➤ This process involves some components:

- **Acceptance:** Allowing your inner thoughts and feelings to occur **without trying to change** them or ignore them.
- **Cognitive defusion:** THE process of **separating yourself from your inner experiences**. This allows you to see thoughts simply as thoughts, stripped of the importance that your mind adds to them.
- **Being present:** ACT encourages you to stay mindful of your surroundings and learn to **shift your attention** away from internal thoughts and feelings.
- **Values:** These are the areas of your life that are important enough to you to **motivate action**.
- **Commitment:** This process involves changing your behavior based on principles covered in therapy.

Schema therapy (ST)

- Schema therapy is considered an effective way of treating chronic depression
- Everybody has emotional needs that are present from childhood.
- These needs include: safety, stability, nurturance, acceptance, autonomy, competence, identity, expression, and realistic limits.
- During childhood people develop schemas
- Some schemas—particularly those acquired from toxic or traumatic childhood experiences where the young person's needs were not met to a significant degree—are described as early maladaptive schemas and are responsible for difficulties relating to some mental health problems.
- Types of Early Maladaptive Schemas:
- Abandonment-instability / mistrust-abuse / emotional deprivation / defectiveness-shame / social isolation-alienation / dependence-incompetence / vulnerability to harm or illness / enmeshment / underdeveloped self / failure / entitlement-grandiosity / insufficient self-control-self-discipline / subjugation / self-sacrifice / approval-seeking-recognition-seeking / Negativity-pessimism / emotional inhibition / unrelenting standards / Punitiveness

Schema therapy (ST)

➤ Sample Techniques:

- People tend to **cope** with their early maladaptive schemas in 3 ways, including:
 - **schema surrender**, which involves giving in to ones' schemas;
 - **Schema avoidance**, which means avoiding situations or people which trigger our schemas;
 - **schema overcompensation** which means doing the opposite of one's schemas.
- ST aims to help patients understand their core emotional needs and to **learn ways of meeting those needs adaptively**.

Interpersonal psychotherapy (IPT)

- Interpersonal therapy (IPT) is a **short-term** form of psychotherapy (12 to 16 sessions)
- As its name suggests, IPT **focuses on interpersonal relationships**
- When IPT was first developed, many mental health professionals conceptualized depression as "**person-based**."
- IPT, on the other hand, recognizes that a person's **relationships can have a huge impact** on mental health.

Interpersonal psychotherapy (IPT)

- **Grief:** Depression can occur as a result of the **loss** of a loved one. While it is normal to go through the stages of grief in this type of situation, a major loss can also result in **unresolved grief**.
- **Role Dispute:** Role disputes occur when a person and the significant people in life have different expectations about relationship. The **disconnect between expectations and real-life behavior** can cause feelings of depression.
- **Role Transition:** Depression may occur during life transitions, when role changes and a person don't know **how to cope with that change**. Getting married, getting divorced, becoming a parent, and retiring are all examples of role transitions.
- **Interpersonal Deficits:** If a person find it difficult to form and maintain good quality relationships, IPT can help identify interpersonal deficits.

Thanks for Attention

