

The Journey of Therapy for Depression

1

Initial Assessment

Understanding the individual's unique experiences and symptoms of depression.

2

Treatment Plan

Creating a personalized therapy plan that addresses specific needs and goals.

3

Regular Sessions

Engaging in consistent therapy sessions to discuss thoughts, feelings, and progress.

4

Skill Building

Learning and practicing new coping strategies to manage and reduce depressive symptoms.

5

Evaluation & Adjustment

Regularly assessing progress and adjusting the treatment plan as necessary for optimal results.

Getting Through Depression By

RS Peters



Getting Through Depression By:

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