CBT for Depression Group

[Enter Clinic Name Here]

*What is CBT for Depression?*

Cognitive Behavioral Therapy for Depression (CBT-D) is one of the therapies recommended by the VA/DoD for the treatment of depression. CBT-D is based on years of research to help you develop more helpful thoughts about yourself, others, and the future. This treatment also encourages you to spend more time engaging in pleasurable and/or productive activities. CBT-D can help you achieve personal goals, reduce symptoms, and solve problems by learning and practicing new skills.

If you decide to participate in CBT-D, you will learn how to:

* *Think differently* about life situations
* *Cope* with both current and future problems
* *Apply skills* in your life that will help you feel better

CBT-D typically requires 12 to 16 sessions to lead to significant improvement. Each session lasts about 90 minutes. CBT-D is helpful for those coping with mild, moderate, or severe depression.

*Proven Results*

The (enter MTF MH Clinic name here) Clinic has been collecting local data for our CBT-D group. Results indicate that people who attend and complete a full course of this group reported a (enter % improvement in your group outcome measure scores here; i.e., 40% reduction in depression symptoms as measured by the PHQ-9).

(Instructions on how to edit chart:

1. Double click on chart
2. Design- Click on Edit data
3. Enter average Pre-score for group (baseline score on outcome measure such as PHQ-9)
4. Enter average Post-Score for group (scores on outcome measure upon completion of group))

*Testimonials*

*“Enter past participant testimonial here.” – Anonymous, Military branch, rank*

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*Group Information*

Date/Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To sign up for the group, speak with your provider or the front desk staff!