



## Appendix B: First-Line Psychotherapies for Treatment of Depression

Psychotherapy	General Principles	Typical Length of Therapy
Cognitive Behavioral Therapy (CBT)	<ul style="list-style-type: none"> <li>Identify automatic, maladaptive thoughts and distorted beliefs that lead to depressive moods.</li> <li>Learn strategies to modify these beliefs and practice adaptive thinking patterns.</li> <li>Use a systematic approach to reinforce positive coping behaviours.</li> </ul>	8-12 sessions
Interpersonal Therapy (IPT)	<ul style="list-style-type: none"> <li>Identify significant interpersonal/relationship issues that led to, or arose from, depression (unresolved grief, role disputes, role transitions, social isolation).</li> <li>Focus on 1 or 2 of these issues, using problem-solving, dispute resolution, and social skills training.</li> </ul>	12-16 sessions

### ► Resources for Psychological Treatment in BC

- Psychiatrists by referral.
- Private psychologists, particularly those with CBT training; the BC Psychological Association (604-730-0522; [www.psychologists.bc.ca](http://www.psychologists.bc.ca)) operates a referral service.
- Ambulatory psychiatric clinics, day programs at hospitals, or community mental health centres.
- Changeways – a best-practice, group-based psychoeducational program for depression, offered in a number of hospitals and community health centres throughout the province. [www.changeways.com](http://www.changeways.com)

Note: Funding for psychotherapy services may be available through the patient's Employee Assistance Plan and/or Extended Health Care benefits.