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

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<th>Psychotherapy</th>
<th>General Principles</th>
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| Cognitive Behavioral Therapy (CBT)| • Identify automatic, maladaptive thoughts and distorted beliefs that lead to depressive moods.  
  • Learn strategies to modify these beliefs and practice adaptive thinking patterns.  
  • Use a systematic approach to reinforce positive coping behaviours.                                                                                       | 8-12 sessions             |
| Interpersonal Therapy (IPT)       | • Identify significant interpersonal/relationship issues that led to, or arose from, depression (unresolved grief, role disputes, role transitions, social isolation).  
  • Focus on 1 or 2 of these issues, using problem-solving, dispute resolution, and social skills training.                                                   | 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) 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

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