

## Treatment Options

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### ***For mild to moderate depression***

#### **Psychological Therapy**

- ◆ Six to ten “listening” counseling sessions
- ◆ Interpersonal psychotherapy
- ◆ Light therapy (particularly for Seasonal Affective Disorder)
- ◆ Cognitive Behavioral therapy
- ◆ Schema therapy
- ◆ Couples counseling/therapy
- ◆ Support groups

#### **Complementary Therapies**

- ◆ Bodywork or massage three times a week reduces depression
- ◆ Relaxation and stress management
- ◆ Mindfulness training, meditation, guided imagery, hypnosis
- ◆ Creative expression: music, journal writing, art, dance
- ◆ Fun distractions: i.e. Marx Brothers movies, etc.

#### **Physical Health and Wellness**

- ◆ Good nutrition, appropriate exercise, supplements
- ◆ Less stressful daily rhythm: arrange schedule to include more personal time, long baths, and other self-care practices
- ◆ Doting by family (i.e. breakfast in bed) and shared baby care
- ◆ Make sure any physical pain is ameliorated

### ***For severe or intractable depression***

- ◆ Medication plus therapy may be needed  
(anti-depressants, anti-anxiety, sleep balancing like *modafinil*)
- ◆ Therapies such as EMDR may be needed to alleviate trauma reactions after a negative birth or if unresolved past trauma is rekindled
- ◆ Transcranial Magnetic Stimulation (and other new tools on the horizon)