**Treatment Options**

*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 modafinal)
- 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)