

Cognitive Behavioral Approach to Depression

Contributed by Laurie B. Freeman

This book uses an approach called cognitive behavioral therapy that has been proven to help with depression. The title is *Mind Over Mood: Changing how you feel by Changing how you think* by Greenburg and Padesky. The title is self explanatory. Reading about doing this is much easier than actually changing long standing thought patterns but if you can master the techniques, it can be life altering. Often clients use the book in the course of therapy as it is easier for someone else to notice our less than useful thought patterns.