

# Article

[Psychology](#)



**ASSIGN  
BUSTER**

Running Head: DEPRESSION Summary of the article: Cognitive Therapy for Depression Summary of the article: Cognitive Therapy for Depression

Feeling sad or low is not anything new. It happens to each and every person occasionally. This feeling of sadness is known as depression. A person might be in depression due to a number of reasons. The reasons for being depressed vary from place, time and situation. There is a wide range and a never ending list of the reasons that cause depression. Depression is usually a temporary feeling that occurs when a person faces a situation against his/her wish. After some time, the person starts forgetting what happened and slowly and gradually recovers depression.

However, at times, the situation is so severe or the person is not strong enough to endure the depression and eventually the depression becomes so week that the person is then not able to recover from it.

In such cases, the person becomes a patient of depression and needs medical treatment. There are several ways to treat depression; one way is the cognitive therapy for depression.

This paper discusses about how a victim of depression is treated. Cognitive therapy helps a person to overcome the cause of the depression. It is believed that a person's behavior and disposition changes along with the thinking and the type of thoughts that occupy one's brain. A depressed person does not perceive the world the way a normal person does. This is because the thinking of the person changes after a particular incident that might occur with the person or around the person that might have affected a person immensely and compelled him/her to change the opinion about a certain thing.

Cognitive therapy consists of several steps. It is a kind of counseling that <https://assignbuster.com/article-article-samples-6/>

makes a person realize that he/she can be wrong. Soon the person starts believing that the perceptions which he/she had about a certain thing were incorrect. It was all due to the past experiences. The person starts realizing that there might be some misunderstanding or some misconception about an incident that occurred in the past or probably what happened in the past was something very rare and does not occur all the time. Consequently, the patient starts to accept the fact that his/her pessimistic approach towards a particular thing is absolutely wrong. Hence, the patient gradually changes his/her thoughts and perception and sees the world with a positive and improved view. The cognitive therapy motivates depressive patients and gives them hope to live a better life ahead and the strength to face the upcoming challenges rather than drowning in deep depression.

Studies have shown that cognitive therapy for depression is more effective in case of teenagers. Though such depression that needs treatment is not very frequently found in the youth and is more common in adults, still some of the young people become the victims of immense depression that requires medical treatment and cognitive therapy has proven to be successful in many such cases.

It has also been observed that cognitive treatment for depression is one of the most trusted treatments that cause betterment in almost every case. It avoids deterioration of a patient and leads towards maximum improvements. Cognitive therapy for depression effects best when it is used along with some anti depressants. The combination of anti depressants and cognitive treatment brings out the best possible results. (Stuart, J., Rupke, M. D., Blecke, D., M. DIV., M. S. W., and Renfrow, M.)

#### Reference

<https://assignbuster.com/article-article-samples-6/>

Stuart, J., Rupke, M. D., Blecke, D., M. DIV., M. S. W., and Renfrow, M. (2006).  
Cognitive Therapy for Depression. AAFP. Retrieved from <http://www.aafp.org/afp/2006/0101/p83.html>