

THERAPY GROUP



Are you struggling with feelings of depression or low mood?

OVERCOMING DEPRESSION AND LOW MOOD GROUP



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OVERCOMING DEPRESSION AND LOW MOOD GROUP

This 12-session group therapy course is designed to help you understand and manage depression through practical strategies and supportive group sessions.

By engaging in structured activities and learning new skills, you can get unstuck from your depression and improve overall well-being.

What to expect in the sessions

Our sessions are structured to provide both education and practical tools. We will work through therapy strategies for depression, including activities and discussions to help the strategies stick. Sessions will include a mix of presentations, group exercises, and opportunities for reflection. You'll also take away ideas on how to practice your therapy skills away from the sessions.

Who will benefit

This group is ideal for individuals experiencing depression who are looking for structured, evidence-based strategies to improve their mood.

Whether you've been dealing with depression for a short time or many years, behavioural activation can provide valuable tools to help you feel better.

Session content

Some of the topics we'll cover include:

- Understanding Depression and Activity
- Identifying What Matters Most To You and Setting Goals
- Planning Positive Activities Into Your Daily Routine
- Overcoming Barriers and Problem Solving
- Challenging Depressive Thinking
- Learning How To Sustain The Positive Changes You've Made

Benefits of group therapy

- Share experiences and gain support from others who understand what you're going through
- Learn practical skills that you can apply in your daily life to manage depression
- Working in a group can boost your motivation and commitment to making positive changes
- Regular sessions and homework assignments help keep you on track
- Engaging in meaningful activities and achieving goals can lead to significant improvements in mood and overall well-being

For more information, phone **01924 234 860**