

BEFORE EDITING

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What are the best Therapy types to treat Depression?

Depression is a mood disorder where one's feelings of sadness interfere with daily functioning. A depressive episode usually consists of a person feeling sad most of the time, lethargic, lacking energy, isolating, trouble concentrating, feelings of worthlessness or inappropriate guilt. These depressed clients have difficulty functioning and enjoying usual activities as well as difficulty with relationships, irritability, and a hopeless/helpless outlook on life. Also, a person struggling with depression usually has a marked change in appetite sometimes overeating and for others very little appetite. In addition, there is usually a disturbance in sleep functioning from insomnia to hypersomnia. Some episodes are more intense and debilitating than others. Some people with depression feel like they are stuck in a hole and fear the intensity of the feelings as well as believe they will never be able to get out. Depressed clients can also feel like it would be easier to give up or end their life than to deal with the depressed state. Some clients have suicidal ideation yet claim they will never do it and others are at a high risk of committing suicide. As a therapist, it is important to assess your client's risk for self harm or even suicide.

Depression is one of the most common presenting problems that people call on a therapist often times desperate for help. Many people with depression feel helpless and hopeless about being able to release their depression. So what's the good news? Well, Depression is treatable with the right style of therapy. It's important to use a style conducive to the particular client. In addition, a confident well trained therapist will make the difference to freeing anyone suffering with depression. According to DSM-5, the Diagnostic and Statistical Manual Fifth edition (the tool used by practitioners to diagnose mental health). There are several types of depression including Major depression, Persistent Depressive Disorder, Bipolar depression, Seasonal Affective Disorder, Situational Depression, Psychotic depressive disorder, Postpartum depression, Atypical depression with the latest addition of Premenstrual Dysphoric Disorder which has been finally recognized. The various diagnoses have a severity or degree ranging from mild, to moderate to severe.

There are hundreds of Therapy styles starting with the letter A to the letter Y. And I am sure there will be one coming soon with a Z. (Check out the list on GoodTherapy.org/ut-therapy/types.) When it comes to treating various types of Depression there are various styles such as Art therapy, Bibliotherapy, Cognitive behavioral therapy, EMDR, Hypnotherapy, Interpersonal therapy, medication therapy, Mindfulness therapy, Music therapy, Pet Therapy, Psychodynamic styles moving all the way down the alphabet to Yoga therapy that can help people release the symptoms of Depression. Two other styles that have been effective especially with depression due to a chemical imbalance in the brain when medication and talk therapy are not working are Electroconvulsive therapy(ECT) and Repetitive transcranial

magnetic stimulation (rTMS). Today the above and/or a combination of various styles and therapies are effective in treating many mental health problems, particularly Depression. For example, a Heart-Centered hypnotherapist such as myself often use a combo of styles such as starting with providing psychoeducation on depression and the victim triangle, and use pet therapy, spiritual therapy and then Heart-Centered hypnotherapy to go deep in and release shame and guilt at the source fracture. During this hypnotherapy, clients learn grounding techniques which the client can use the moment they step out of the office. Clients are taught how to use anchors in which a client can put their hands or fingers together in a certain mudra and go to a relaxing place in their subconscious mind. and/or bring in their healthy wise adult part to empower them. Also, I often give therapy homework for the client to read their new affirmations and practice their new behaviors created in the age regressions.. Also using bibliotherapy and suggesting client's read *Breaking free of the victim trap*. All and all, therapists who focus on a style that helps client's develop new coping skills to stop depression is always a good style. The development of new coping skills for clients to use when feeling pulled by their depression and a style which incorporates a treatment plan for clients to take new action such as engaging in consistent exercise and reciting their new beliefs constitutes a style which will treat depression.

In recent years, there is a trend of a Spiritual therapy style in which a therapist discusses a client's spiritual beliefs, meaning and their purpose in life and helps their clients develop their spiritual connection often reinforcing relying on this higher power/source for inspiration to empower them out of depression. As they say in 12 step recovery programs, Let go and let G-d. Depending on this spiritual connection has great results for many people and it is truly the number one solution to letting go of depression. Research has shown that focusing on divinity has helped many people from suffering. Also, just as important is a style that promotes that the client has 100% percent responsibility for 100% of everything in their lives. This is one of the themes of a Heart-Centered therapy style and breaking free from co-dependency as the therapist awakens awareness in clients to understand that staying in depression is remaining in victim mode and not accepting responsibility. With his therapy style, people can see how they have been 100% responsible for what they have created in their lives and therefore can create the solution to their problems associated with depression.

Another life changing style which needs to be mentioned is a style in which the therapist uses the Ho'opononono Hawaiian prayer to cleanse the problem of the client and educate their clients to practice this simple mantra. Ho'opononono stands for I'm sorry, please forgive me, thank you I love you. Just saying these 4 phrases at times of struggle or judgment can free many of us. Please reference this style by reading *Zero Limits*, by Joe Vitale.

There are several styles which have proven to be effective long term and those are styles such as Heart-Centered hypnotherapy and meditation styles that operate by connecting to the subconscious mind. Today, Heart-Centered hypnotherapy has been very effective in reducing or eliminating depressive symptoms and helped people transcend to a higher level of consciousness and a state of peace in which a person has a psychic spiritual change.

Many Heart- Centered hypnotherapists trained at the Wellness Institute in Issaquah, Washington, are practicing Transpersonal psychology and also various techniques incorporated in Heart-Centered therapy. Heart-Centered therapy includes just the perfect recipe of NLP, Gestalt, symbology, music, archetypes, reframing, CBT, energy releasing, reclaiming one's power through hypnotherapy styles. (Go to the Wellness-institute.org for more information.)

Seasoned Personal Transformation Intensive™ teacher Teri Bunetta, a Licensed Mental Health Counselor, and the Co-director of Florida Personal Growth Center (www.fpgcinc.com) shared that the way she treats her clients presenting with depression is through her unique style of Heart-Centered hypnotherapy. In Fort Lauderdale, Bunetta sees a variety of populations and she also works with several Therapists in individual sessions and group sessions to help teach her community loving kindness, compassion and responsibility as well as the way to find the lessons and transform out of their traumas, their victim consciousness, despair, depression and anxiety to a place of trust, forgiveness of self and others, clarity, direction, peace and happiness. Bunetta states “with depression it can be a slow process but I also begin looking at the secondary gains of staying in the depression. Such as clients who believe if they remain in their depression then their thinking is “I don't have to do anything, “you won't expect anything from me”, and “I already decided this doesn't work”. This way of operating helps convince people that they do not have to be responsible and then others often persecute them or try to rescue them.

Bunetta states, “Depression keeps you in a victim consciousness and the secondary gain is they decide already how the therapist's suggestions don't work. Bunetta explained how Heart-centered Hypnotherapy differs from the good old Cognitive Behavioral Therapy as she stated that “CBT is like snorkeling on the surface and has its purpose in working with children or on a psychiatric unit”, however she referred to heart-centered hypnotherapy as more powerful and long lasting because “you are correcting it in the hard drive as opposed to the here and now.” She went on to say “.because it (the depression) began very young, I know that it's as if one is only snorkeling on the surface (as she refers to CBT), and when a client experiences the Heart-Centered hypnotherapy “you are going down in to where the feelings all began.”.

Again, direct therapy styles that point out how clients are staying in victim mode which fuels their state of depression is part of what makes a style truly successful for releasing the depression. Also, helping client's recognize that they are 100% responsible for what they have created in their lives and that now they can create the solution to their problems associated with depression is a style which works best. If you are ready to learn more please check out the programs at the Wellness Institute.

AFTER EDITING

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How I Mix Therapy Styles to Help Clients Beat Depression

As a practicing mental health therapist, depression is one of the most persistent and debilitating challenges you face. It’s also one of the most common reasons clients seek you out.

The [Anxiety and Depression Association of America](#) says:

- Nearly 7 percent of all adult Americans have experienced a depressive episode in the past year.
- Depression is the leading cause of disability in Americans ages 15 to 44.

Your success as a therapist depends on finding ways to help your clients overcome their feelings of helplessness and hopelessness. When depression is at its worst, those dealing with it can hardly get through their day. They’re looking to you to help them regain their energy and motivation, to rebuild their relationships, and to get back to the activities that used to bring them joy.

In some cases, a client can feel like it would be easier to end their life than to deal with their depressed state. As a therapist, it is important to assess your client's risk for self harm or even suicide.

Fortunately, depression is treatable with the right style of therapy. But what is the right style of therapy?

The Combination Approach to Treating Depression

Any therapy style that helps your clients develop new skills for coping with depression is a good style.

In my practice, I’ve found that the most effective way of treating most mental health problems, particularly depression, is to use a combination of various styles and therapies, tailoring my approach to the particular client.

An Example of My Approach

As a Heart-Centered Hypnotherapist, I might start with a client by providing psychoeducation on depression and the victim triangle. Then I might move on to pet therapy and spiritual therapy. I’ll

then use [Heart-Centered Hypnotherapy](#) to dive deep and release the client's shame and guilt at the source fracture.

During hypnotherapy, the client will learn grounding techniques they can use the moment they step out of the office. I'll teach them how to use anchors, putting their hands or fingers together in a certain mudra and go to a relaxing place in their subconscious mind.

Also, I often give therapy homework for the client to read their new affirmations and practice the new behaviors they learned through age regression. I may also do a bit of bibliotherapy, suggesting clients read "[Breaking Free of the Victim Trap](#)."

But that's me. You may find a different combination of approaches to treating depression works better for you and your clients. It all depends on:

- The treatments that interest you as a practitioner and on which [you've trained](#).
- The needs of your particular client.
- The type and severity of your client's depression. The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders lists countless types of depression, including major depression, persistent depressive disorder, bipolar depression, seasonal affective disorder, situational depression, psychotic depressive disorder, postpartum depression, atypical depression, and premenstrual dysphoric disorder (which has been [finally recognized](#)). Each type may call for a different treatment approach.

Therapy Styles for Treating Depression

What are your options for tailoring a personalized treatment approach for a client struggling with depression? There are literally hundreds of therapy styles to choose from.

Browse the [list of treatment types](#) at GoodTherapy.org. It covers the alphabet from A to Y — and I'm sure a treatment starting with Z is coming soon.

Here are just a few styles therapists use to treat depression:

- Art therapy
- Bibliotherapy
- Cognitive behavioral therapy
- [EMDR](#)
- [Hypnotherapy](#)
- Interpersonal therapy
- Medication therapy
- Mindfulness therapy
- Music therapy
- Pet Therapy
- Psychodynamic therapy

Moving all the way down the alphabet, even yoga therapy can help people release the symptoms of depression.

For the remainder of this article, I'll discuss some of the treatment styles I think are worth considering for clients struggling with depression. Some of them are tried and true and others are new and promising.

Electroconvulsive Therapy (ECT) and Repetitive Transcranial Magnetic Stimulation (rTMS)

When depression is due to a chemical imbalance in the brain, and when medication and talk therapy are not working, both [electroconvulsive therapy](#)(ECT) and [repetitive transcranial magnetic stimulation](#) (rTMS) can be effective.

Here is [a summary of an interesting study comparing the two methods](#).

Spiritual Therapy

In recent years, a trend has emerged in which therapists explore their clients' spiritual beliefs, examine their sense of meaning and purpose in life, and help them develop their spiritual connection. The objective is for patients to rely on this higher power/source for the inspiration that will empower them out of depression.

As they say in 12-step recovery programs, "Let go and let G-d."

Spiritual therapy has led to great results for many people. I believe it is truly the number-one solution to letting go of depression. Research has shown that focusing on divinity has helped many people out of suffering.

Ho'oponopono

Another life changing-style I need to mention is one that uses the [Ho'oponopono Hawaiian prayer](#). Therapists teach this simple mantra to their clients. Ho'oponopono stands for, "I'm sorry. Please forgive me. Thank you. I love you."

Just saying these four phrases at times of struggle or judgment can free many of us. To learn more, read Joe Vitale's book, "[Zero Limits](#)."

Heart-Centered Therapy

Heart-Centered therapy styles emphasize that clients are 100 percent responsible for 100 percent of everything in their lives. Heart-Centered therapists awaken awareness in their clients that staying in depression means remaining in victim mode and not accepting responsibility.

With this therapy style, clients break free of codependency. They see how they have been fully responsible for what they have created in their lives and, therefore, have the power to create the solutions to their problems with depression.

Heart-Centered Hypnotherapy

In my experience, therapies that operate by connecting clients to their subconscious minds seem to be the most effective in the long term. For this, I turn to Heart-Centered Hypnotherapy.

In my practice, I use Heart-Centered Hypnotherapy to reduce or eliminate depressive symptoms and help people transcend to a higher level of consciousness and a state of peace in which they experience a psychic spiritual change.

Many Heart-Centered Hypnotherapists who have trained at [the Wellness Institute](#) in Issaquah, Wash., practice [transpersonal psychology](#) and incorporate other techniques into Heart-Centered Hypnotherapy.

Heart-Centered Hypnotherapy comprises the perfect recipe of:

- Neuro-linguistic programming
- Gestalt
- Symbology
- Music
- Archetypes
- Reframing
- Cognitive behavioral therapy
- Energy releasing
- Reclaiming one's power through hypnotherapy

How Heart-Centered Hypnotherapy Helps Clients Overcome Depression

Teri Bunetta, M.Ed.,LMHC is co-director of [Florida Personal Growth Center](#), where she sees a variety of populations and works with several therapists in individual sessions and group sessions. She told me about the unique style of Heart-Centered Hypnotherapy she uses to treat clients with depression.

Bunetta teaches her clients loving kindness, compassion, and responsibility, and helps them learn how to transform out of their trauma, victim consciousness, despair, depression, and anxiety to a place of trust, forgiveness of self and others, clarity, direction, peace, and happiness.

Bunetta told me:

“With depression, it can be a slow process. But I also begin looking at the secondary gains of staying in the depression, such as clients who believe if they remain in their depression then their thinking is, ‘I don’t have to do anything,’ ‘You won’t expect anything from me,’ and ‘I already decided this doesn’t work.’ This way of operating helps convince people that they do not have to be responsible and then others often persecute them or try to rescue them.”

Bunneta explained how Heart-Centered Hypnotherapy differs from cognitive behavioral therapy: “CBT is like snorkeling on the surface and has its purpose in working with children or on a psychiatric unit.” Heart-Centered Hypnotherapy is more powerful and long lasting because “you are correcting it in the hard drive as opposed to the here and now,” she said.

If you are ready to learn more about using Heart-Centered Hypnotherapy to help your patients overcome depression, [explore the programs of the Wellness Institute](#).