

# Coping With Depression Group

## An Evidence Based Treatment Group for Depression and Anxiety

*Please call the Depression Center for start date*

This will be an open, ongoing group structured into multiple 8-week modules focusing on cognitive, behavioral, and problem-solving strategies to help cope with depression and anxiety.

### Overview of group components:

- Education about depression and anxiety.
- Dialectical Behavioral Therapy (DBT) combines techniques from cognitive-behavioral therapy with mindfulness and acceptance techniques. Modules will include Interpersonal Effectiveness, Distress Tolerance, and Emotion Regulation.
- Behavioral Activation: Depression can lead to a vicious cycles where life becomes less active and rewarding. Learn how to change this cycle by activating and engaging in activities that can improve your mood.
- Cognitive Strategies: Learn how to recognize and modify negative thinking patterns that may contribute to your depression and/or anxiety.
- Mindfulness Based Cognitive Therapy: Techniques are explored in an effort to build one's mindfulness practice as well as to prevent further depressive episodes.
- Support, encouragement and coping skills in a small group setting.

Fees: \$50 per group session, \$25 materials fee, \$150 screening fee (for patients new to our center)

<b>Group Inclusion Criteria:</b> <ul style="list-style-type: none"><li>• Experiencing depression, dysthymia, or anxiety symptoms</li><li>• Interviewed by group therapist</li><li>• Adults over the age of 18</li><li>• Male or Female</li></ul>	<b>Group Exclusion Criteria:</b> <ul style="list-style-type: none"><li>• Court-ordered for treatment</li><li>• Organic brain damage</li><li>• Psychosis or substance dependence</li><li>• Imminent threat of suicidal behavior</li><li>• History of violence/arrest</li><li>• Primary diagnosis of Borderline Personality Disorder</li></ul>
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If you would like to hear more about the group, please contact us at 303-724-3300 or email us at [depression.center@ucdenver.edu](mailto:depression.center@ucdenver.edu). Participation in all sessions is encouraged.