

Overcoming Depression: An Integrative Approach for Treating Depression



This is a 9 week course designed to provide group members with a variety of knowledge and skills to reduce symptoms of depression including loss of enjoyment in pleasurable activities, insomnia, reduced motivation, tearfulness, lack of energy and negative thinking patterns.

Participants will learn:

Skills and coping mechanisms to:

- Increase motivation
- Improve sleep
- Reduce negative thinking
- Manage fatigue/loss of energy
- Improve enjoyment in pleasurable activities
- Improve mood

Where: Integrated Behavioral Associates, 169 Libbey Industrial Parkway
Weymouth, MA

Contact Dr. Schafer at 781-551-0999 x 241. This group may be covered by your health insurance. Please speak with Dr. Schafer for details.



Colin Schafer, Psy.D. is a Post-Doctoral Fellow in Clinical Psychology.

Dr. Schafer utilizes a variety of clinical approaches including CBT, Motivational Interviewing, Mindfulness, Exposure Response and Prevention Therapy, Relational Therapy and Couples Therapy with a client-centered and collaborative focus.

www.cfpsych.org | www.IntegratedBehavioral.org

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Also in Abington, Norwell, Holliston & Quincy