

Overcoming Depression: An Integrative Approach for Treating Depression



This is an 8 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, depressed mood, reduced motivation, tearfulness, lack of energy and negative thinking patterns utilizing a combination of Mindfulness Based Cognitive Therapy (MBCT) and Behavioral Activation.

Participants will learn:

- Skills and coping mechanisms to:
 - Increase motivation
 - Reduce negative thinking patterns and intrusive negative thoughts
 - Manage fatigue/loss of energy
 - Improve enjoyment in pleasurable activities
 - Improve mood
 - Improve goal setting

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 Licensed Clinical Psychologist. Dr. Schafer utilizes a variety of clinical approaches including CBT, Internal Family Systems, Mindfulness, MBCT, Exposure Response and Prevention Therapy, Biofeedback and Couples Therapy with a client-centered and collaborative focus.