

ABOUT THE HVCCT

The HVCCT is one of the leading psychotherapy practices in the Hudson Valley region and adheres to the philosophy that the client's well-being is the top priority. Our therapists treat their clients with respect and warmth while also utilizing state-of-the-art methods. Our therapists accept the responsibility of providing quality care and aim to help their clients to address their problems with an effective, hopeful, and engaging approach.

Therapists at the HVCCT work with children, adolescents, adults, couples, and families. Some of their areas of specialization include the following:

- Depression and Mood Disorders
- Anxiety (Panic, OCD, Social Anxiety, Phobias, Worry)
- PTSD / Trauma / Abuse Issues
- Family Therapy and Marital / Relationship Issues
- Insomnia / Sleep Difficulties
- Academic / Learning Difficulties
- Child & Adult Attention Deficit Disorder (ADD/ADHD)
- Anger Management
- Impulse Control Difficulties (e.g., Hair Pulling)
- Grieving and Loss

PARENT TRAINING

For parents with a child in therapy, parent training is offered to help reinforce the strategies their child is learning.

TESTING SERVICES

Areas of assessment include intelligence, academic / learning disabilities, developmental disabilities, personality and emotional issues, and pre-surgical evaluations for gastric bypass/bariatric surgery candidates.

CONTACT INFORMATION

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10/07

A New Approach to Treating

Depression

**for Adults, Children,
and Adolescents**

Do you think:

You aren't good enough?

Your life is hopeless?

Nobody cares?

You are helpless?

You can beat it!



**HUDSON VALLEY CENTER
FOR COGNITIVE THERAPY**

Mood & Anxiety Disorders • Substance Abuse • Sexual/Relationship Issues

WHAT IS DEPRESSION?

Most of us feel sad or blue from time to time. However, when feelings of sadness last for more than approximately two weeks or begin interfering with functioning, depression should be considered. Depression can vary in its presentation, ranging from chronic, and low level depression with subtle symptoms, to severe depression with definite, extremely problematic symptoms. In addition to having a major impact on the individual, depression can negatively affect family and social relationships as well as academic and occupational functioning.

The following are typical symptoms of depression:

- Feelings of sadness
- Decreased interest or pleasure in usual activities
- Weight loss or gain
- Changes in appetite
- Sleep disturbances
- Feelings of restlessness or being slowed down
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Difficulty concentrating or making decisions
- Thoughts of death

Depression is so prevalent that it has been described as the "common cold of psychological problems." It has been estimated that approximately 25% of women and 12% of men will suffer a major depressive episode during their lifetime. Given its prevalence, there has been a considerable amount of research conducted about depression, leading to new developments in its treatment.

COGNITIVE THERAPY

Cognitive Therapy is an innovative approach to psychotherapy which is proven to be highly effective for depression. A central goal of Cognitive Therapy is to help individuals recognize negative thoughts that produce and maintain depression. People who are depressed tend to think in a biased, distorted manner. Some distortions include:

- All or Nothing Thinking (e.g., "I completely failed.")
- Mind Reading (e.g., "He thinks I'm unattractive.")
- Fortune Telling (e.g., "I will be rejected.")
- Labeling (e.g., "I am a loser.")

Individuals learn to challenge their initial perceptions, which are often pessimistic and self critical, and adopt a more balanced, realistic view of themselves, others, and their life experiences. They also learn to look for evidence to support their conclusions rather than rely only on emotion.

Negative beliefs about the self, others, and the future (e.g., "I am incompetent," "People cannot be trusted," "The future is hopeless.") are also explored and modified, as these beliefs often fuel perceptions and thoughts. It is important to realize that the goal is not to simply "think positively" but rather to think more realistically.

In addition to faulty thinking patterns, depression is characterized by inactivity and passivity. People who are depressed tend to spend a lot of time in bed, watching television, and complaining to friends. Therefore, behavioral interventions designed to increase productivity and pleasure are also important components of the treatment.

ADVANTAGES OF COGNITIVE THERAPY

Proven Effective: Hundreds of research studies demonstrate that Cognitive Therapy is an effective treatment for depression. Numerous research studies have consistently found that Cognitive Therapy is as effective as antidepressant medication in the treatment of depression. Approximately 75% of clients experience a significant decrease in their symptoms within 20 sessions of individual therapy.

Short Term: Cognitive Therapy aims to achieve results as quickly as possible. Most clients experience positive changes in approximately 12-25 sessions. The course of treatment tends to be considerably shorter than for traditional approaches to psychotherapy, as it is structured, problem-focused, and goal-oriented.

Cost-Effective: The active and focused therapeutic approach makes the cost of treatment less expensive than other forms of therapy. The focus on skill building and client independence minimizes the length of treatment and reduces the risk of relapse.

Lasting Results: Cognitive Therapy emphasizes many practical strategies that can be used when therapy ends to cope with life more effectively. Most clients in Cognitive Therapy maintain their gains because they learn to modify distortions in thinking which are associated with depression.

FREE PHONE CONSULTATION

Dr. Christine Ziegler, Director of the HVCCT, is happy to discuss your specific concerns and explain how Cognitive Therapy may benefit you. Please call (845) 353-3399 x 12 to learn more about our services or to schedule an initial appointment with one of our therapists.