

General Treatment Principles

In this video, we explore the general principles that lead to developing a good plan to treat depression. We cover medication, psychotherapy, and complementary and alternative medicine (CAM). The goal of medication treatment is to reduce the duration, severity, and frequency of depressive episodes. We explore the principles of “double dipping” – or targeting two illnesses with one medication, and how to manage side effects. We’ll also discuss the different approaches to psychotherapy, and review which CAM therapies have good evidence to support them.

References and further reading

- [Affordable Mental Health Care and Resources](#)
- [Guide to Finding a Therapist](#)
- Golan, D. E., Tashjian, A. H., & Armstrong, E. J. (Eds.). (2011). Principles of pharmacology: the pathophysiologic basis of drug therapy. Lippincott Williams & Wilkins.
- Hofmann, S. G., Asnaani, A., Vonk, I. J., Sawyer, A. T., & Fang, A. (2012). The efficacy of cognitive behavioral therapy: A review of meta-analyses. *Cognitive therapy and research*, 36(5), 427-440.
- Hofmann, S. G., Curtiss, J., Carpenter, J. K., & Kind, S. (2017). Effect of treatments for depression on quality of life: a meta-analysis. *Cognitive behaviour therapy*, 46(4), 265-286.
- Williams, S., & Dale, J. (2006). The effectiveness of treatment for depression/depressive symptoms in adults with cancer: a systematic review. *British journal of cancer*, 94(3), 372-390.

Glossary

Ayurveda

Serotonin Norepinephrine Reuptake Inhibitor (SNRI)

Duloxetine

Mirtazapine

Bupropion

Anorgasmia

Psychodynamic Therapy

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Complementary and Alternative Medicine (CAM)

Traditional Chinese Medicine (TCM)

Selective Serotonin Reuptake Inhibitor (SSRI)

Meditation Videos



P04 - Kapalbhathi



P05 – Bhastrika Pranayama
(Bellows Breath)