



Overview of Different Types of Therapy

Cognitive Behavioral Therapy (CBT)

- Cognitive Behavioral Therapy is a structured, evidence-based therapy that focuses on challenging and changing negative thought patterns and behaviors, improving emotional regulation, and the development of personal coping strategies.
 - CBT is a problem-focused and action-oriented form of therapy.
 - Studies show that both medication and CBT work equally well in treating anxiety and depression. CBT is the current gold standard psychological treatment.
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- **Appropriate age:** 7 years and older on average, dependent upon development
 - **Typical diagnoses:** depression, anxiety disorders, oppositional defiant disorder, eating disorders, bipolar disorders, obsessive-compulsive disorder

Dialectical Behavioral Therapy (DBT)

- Dialectical Behavioral Therapy is an evidence-based modified form of CBT that has been found to also be beneficial for complex depression, anxiety, and/or chronic suicidality and self-harm. DBT focuses on 4 skills: mindfulness, distress intolerance, interpersonal effectiveness, and emotion regulation. DBT is more intensive than CBT.
 - DBT consists of group and individual therapy, both meeting weekly.
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- **Appropriate age:** 7 years and older on average, dependent on development
 - **Typical diagnoses:** depression, self-harm, suicidal ideation, post-traumatic stress disorder, and substance dependence

Interpersonal Therapy (DBT)

- Interpersonal Therapy (IPT) is a highly structured, short-term form of therapy. IPT focuses on current relationships, how they may be impacting symptoms, and improving interactions for a healthier state of mind.
 - IPT is typically provided in 12-16 sessions
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- **Appropriate age:** 12 years and older
 - **Typical diagnoses:** depression, anxiety, bipolar disorders, eating disorders, post-traumatic stress disorder

Traditional Talk Therapy

- Talk therapy is less structured than CBT. The primary focus is on establishing a relationship and being able to recognize and express concerns.
 - Given the lack of structure and evidence, we strongly encourage to inquire about the type of therapy used, as CBT would be the preferred approach.
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- **Appropriate age:** 7 years and older on average, dependent on development