

Depression

Group Therapy

What is Depression?

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.



Group Therapy

Benefits of Group Therapy

Group Feedback

Connections

Practice Interactions

Honesty

Group therapy is a form of psychotherapy that helps people better understand themselves and relate to other people, and become more mindful of their actions and learn how to express and interpret their present environment. You will create positive connections and increase your self-regulation, attention and personal experiences.

Themes

1. Combating unhealthy Thinking Styles and Core Beliefs
2. Emotional Regulation
3. Interpersonal Problems
4. Distress Tolerance
5. Coping Strategies
6. Self-Compassion and Self-Esteem



Location: Location: ReACH Psychiatry (The Clinic, 4th Floor)- #319, 7th main, HRBR Layout, Kalyan nagar, Bangalore-43 (Landmark- Above health and glow, opposite Banaswadi Metropolitan club)

Price: 2000/Session