Can a Depression Treatment Center Work for You?

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Depression Treatment Centers

Although everyone's experience with depression is unique, it is helpful to know when to turn to a depression treatment center as a viable option in managing your symptoms.

Some individuals struggle with treatment-resistant depression, which occasionally does not respond well to the traditional therapy options available. If you have explored a number of these options, but still struggle with the symptoms of depression, it may be time to speak to your doctor about attending a treatment center for depression.

Depression Treatment Options

If you have exhausted many of the most common options when it comes to the treatment of depression, it may be time to try something new.

When it comes to the treatment of depression, it is most beneficial to combine different forms of treatment for the highest success rate. You cannot rely on medication alone to cure your depression.

It takes time and effort to find treatment options that will work for you. Your treatment may include a combination of the following:

- Medication
- Support groups
- Psychotherapy
- Regular exercise
- Sleep scheduling
- Nutritional planning
- Stress reduction
- Mindfulness and meditation
- Acupuncture
- Yoga or tai chi
- Transcranial magnetic stimulation (TMS) therapy
- Electroconvulsive therapy (ECT)

It can be overwhelming to tackle all of these options alone, which is why treatment centers are a great place to focus on your recovery and discover what works for you.

What Are Depression Treatment Centers?

Depression treatment centers are designed to give people the tools they need to help manage their symptoms

and return to their normal lives.

Many treatment centers offer specific programs designed to help those struggling with mental disorders and even mood disorders, in particular. Most treatment centers either exist within a larger hospital setting or as their stand-alone treatment facility.

Treatment centers that focus on depression or mood disorders offer treatment for adults and children who suffer from depression or bipolar disorder. Most also provide both outpatient and inpatient treatment options, allowing you to choose what works best with your current situation.

Most treatment centers have a variety of individuals on their teams:

- Psychiatrists
- Psychologists
- Nurse practitioners
- Social workers
- Others who may specialize in the specific disorder being explored

Depression Therapies Offered at Centers

Treatment centers that focus on depression or mood disorders often begin with an evaluation to determine how to assist you on your journey to recovery. Based on this evaluation, you may be placed into an inpatient or outpatient program, which will focus specifically on the issues that you have been experiencing.

Most mood treatment centers offer individuals a combination of medication and therapy to combat their depression. Psychiatrists work directly with those enrolled in the program, monitoring their progress and prescribing medications that will complement other therapies that they are exploring.

Depression treatment centers often incorporate a mixture of the following psychotherapy options into their mood programs:

- Talk therapy
- Group therapy
- Cognitive-behavioral therapy
- Mindfulness-based cognitive therapy
- Dialectical behavioral therapy

For those with treatment-resistant depression, options like transcranial magnetic stimulation (TMS) therapy and electroconvulsive therapy (ECT) may also be considered.

Length of Treatment for Depression

Treatment times vary greatly depending on the treatment center in question, as well as the type of care you will be receiving there.

Outpatient Treatment

Outpatient programs are generally shorter than inpatient programs. These programs are designed to allow you to focus on your mental health for a period of time, before moving on and using your newly acquired skills in the real world.

Outpatient programs are generally run during the day and last a few days to a few weeks. They are often full days as well, meaning you cannot go to work while attending a depression treatment center outpatient program.

As an example, an outpatient program may run Monday to Friday, from 8:00 am to 4:00 pm, for ten weeks. You

may have tasks or homework to complete outside of these hours, but you are free to leave the treatment center and return home each evening.

Most outpatient programs are group-based, so there will be other adults struggling with depression or mood disorders attending your therapy classes with you. There is often an opportunity to seek individual therapy, as well. However, it is not offered as frequently as group therapy classes.

Inpatient Treatment

Inpatient programs vary in length, as they are centered around the individual receiving treatment. When receiving inpatient treatment, you will be staying at the hospital or treatment center that is providing you with depression treatment.

Based on your primary evaluation, your team of medical professionals will discuss the next steps to be taken in your treatment journey. This is an individual path that involves a different set of treatment options for everyone.

Ultimately, it is the goal of all inpatient programs to transition their patients to members of outpatient programs. Once completing both, individuals are equipped with the skills needed to return to their normal lives, with resources that will help them cope with their depression.

Conclusion

No matter what path you take, remember that treatment may be an individual journey, but there are many people along the way who can help. Entering a depression treatment center could be the best step you've ever taken on your journey to wellness.