

Counselling for Depression

Counselling for Depression (CfD) is talking therapy as recommended by NICE (National Institute for Health and Care Excellence) for the treatment of depression.

Counselling for Depression targets the emotional problems underneath the depression along with things like low self-esteem and excessive self-criticism, which often feed the depressed mood. The counselling helps to make contact with underlying feelings, make sense of them and reflect on them. This then helps with psychological and behavioural change.

How does it work? The counsellor will aim to develop a trusting relationship with you and to make sure that you feel accepted and understood. You should feel that your counsellor is listening carefully to your concerns and not judging you in any way.

Rather than focussing on symptoms counselling sees you as a whole person and tries to understand your “world” from your point of view.

Are there any forms to complete? A contract and confidentiality agreement is signed in the first session. There is also a form to complete before each session, this is a set of questions to see how you're getting on and whether there's any risk of harm to yourself. At the end of your sessions there is a feedback questionnaire.

How long and how often would you see a counsellor? You and your counsellor would meet at the same time and place each week and talk. Each session lasts for 50 minutes. There may be some variation in the number of sessions of counselling you are offered. Typically, people with mild to moderate depression might receive about 6 to 10 sessions over 8 to 12 weeks but in more complex cases up to 20 sessions of counselling may be offered. Your therapist will discuss with you any planned breaks and what happens if you cancel sessions.

To find out more, and to get more information about this specific therapy and what you can expect from your therapist visit [https://www.ucl.ac.uk/pals/research/cehp/research-groups/core/pdfs/Counselling for Depression/Depression Coun for depression service user info.pdf](https://www.ucl.ac.uk/pals/research/cehp/research-groups/core/pdfs/Counselling%20for%20Depression/Depression%20Coun%20for%20depression%20service%20user%20info.pdf) which is a guide for service users.

For more information about counselling for depression or for an informal chat about whether this type of therapy might be useful for you, please contact the counselling team, Monday to Friday, 9am to 5pm, on enquiries@mnessexmind.org or 01205 764600.

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