



INFORMED CHOICES ABOUT

DEPRESSION

What are the Risks of Counseling or Therapy?

- Most people who have therapy or counseling for depression improve.
- However, 1 out of 10 people will experience a worsening of their condition. For some, this is a result of their problem worsening (unrelated to the treatment). For others, the deterioration is related to the therapy or the therapist they are seeing.
- If your depression is getting worse or not improving after a reasonable time, be sure to discuss this with your therapist.
- You may benefit from a change to another therapist, another form of therapy, or to a medication treatment. If you are taking medication treatment, a review of your medication treatment may be helpful.
- Each treatment has benefits and risks.
- Persistence is important. If you try a treatment, it is important to stick with it to allow time to see if it helps.
- If you do not benefit from the first treatment you try, there is still a good chance your problem will respond to a different treatment.



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For more fact sheets and information about depression and its treatment please visit: <http://depression.informedchoices.ca>

Disclaimer: Information in this pamphlet is provided for educational purposes only. Always consult a qualified health care professional for your specific care.

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Source: This summary provides scientifically accurate information. It was prepared in a research review by researchers and young adults with the Mobilizing Minds Research Group. The researchers are based at six universities: Manitoba, York, McMaster, Brock, Brandon, and Université Laval. Our core community partner is mindyourmind.ca located in London, Ontario. Our young adult team members are located all across the country. Last revised: 12 March 2013.

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References:

Kraus, D. R., Castonguay, L., Boswell, J. F., Nordberg, S. S., & Hayes, J. A. (2011). Therapist effectiveness: Implications for accountability and patient care. *Psychotherapy Research, 21*(3), 267-276.