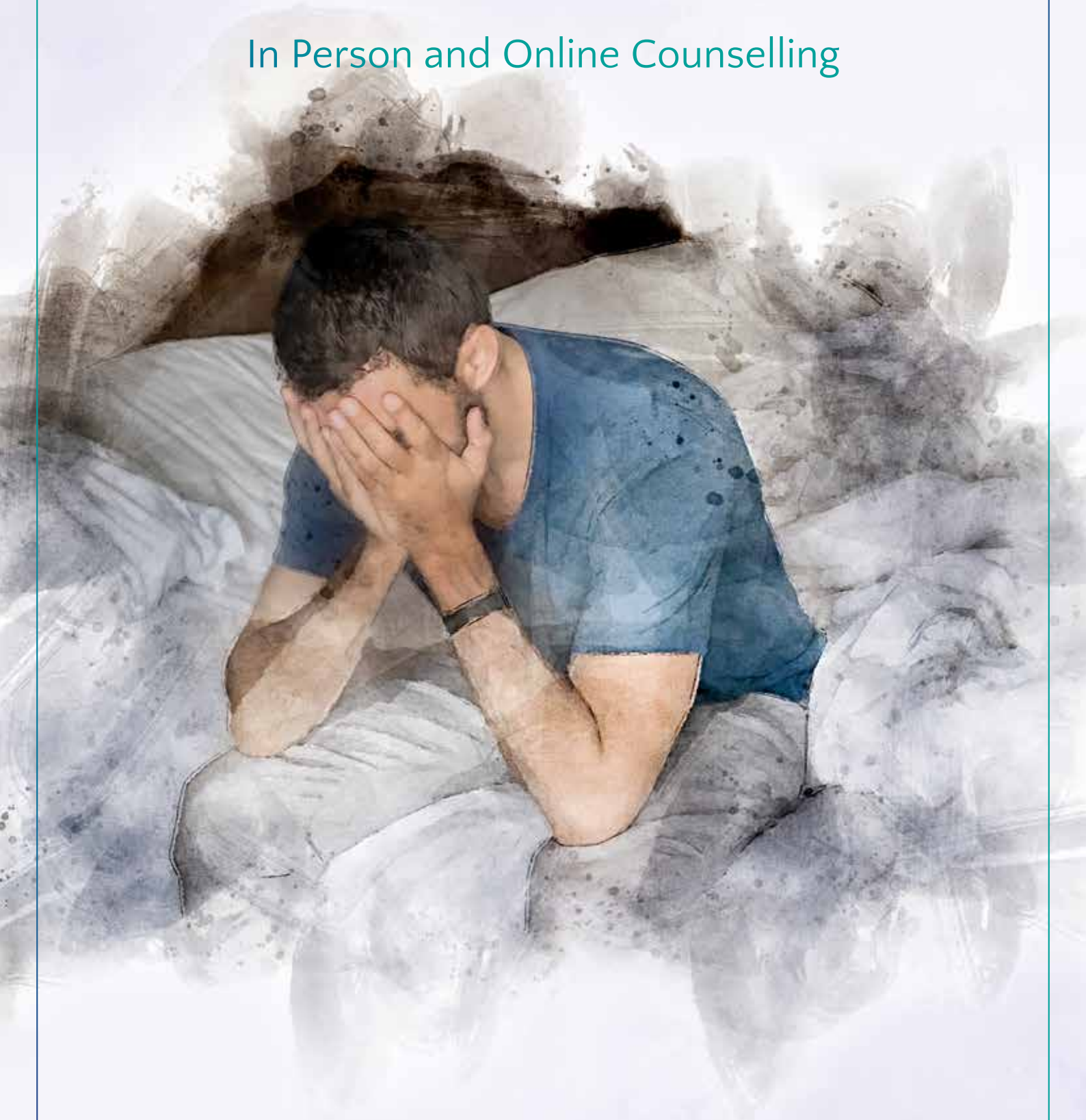




**Affordable**  
COUNSELLING

In Person and Online Counselling



# OVERCOMING DEPRESSION

## Depression

Depression manifests in numerous forms and can profoundly impact nearly every aspect of one's life. From the intense, pervasive sadness of major depressive disorder to milder yet chronic forms such as dysthymia, depression's variations mean its effects are deeply felt yet distinctively experienced. This complex condition can also arise as situational depression linked to significant life events or as part of the emotional roller coaster seen in bipolar disorder, leading to considerable emotional, relational, and physical challenges.

However, there is significant hope for those affected. With tailored therapeutic support, individuals can navigate through the darkness of depression and rediscover a fulfilling life. At Affordable Counselling, our approach is rooted in a personalized therapeutic strategy, utilizing a broad range of interventions tailored to meet the specific needs of each client.

## Integrated Therapeutic Approaches at Affordable Counselling

At its core the psychotherapist believes in a holistic approach to treatment, where multiple therapeutic modalities are integrated to best address the individual challenges presented by depression. Each approach is selected and refined to complement the client's unique experience and needs.

### Cognitive-Behavioral Therapy (CBT)

CBT is instrumental for challenging and reshaping negative thoughts and behaviours, providing clients with effective tools for managing mood and preventing relapse.

### Psychodynamic Therapy

This approach delves into the unconscious and past experiences to uncover root causes of current emotional difficulties, fostering deeper understanding and lasting emotional health.

## Humanistic Therapy

Focusing on self-awareness and personal growth, humanistic therapy encourages clients to explore their potential for self-fulfilment, thereby enhancing their resilience and coping strategies.

## Interpersonal Therapy (IPT)

IPT emphasizes the role of interpersonal relations and social contexts in depression, addressing issues like grief, role transitions, and conflicts in relationships to improve emotional well-being.

## Mindfulness-Based Cognitive Therapy (MBCT)

MBCT combines mindfulness practices with cognitive therapy to help clients focus on the present and effectively manage distressing thoughts and feelings.

## Narrative Therapy

This therapeutic approach enables clients to redefine their relationship with depression by reconstructing their personal narratives, promoting a healthier self-concept and outlook.

## Addressing Low-Level Depression

Many suffer from a subtle yet pervasive form of depression, not necessarily marked by deep sadness but by a chronic low mood, which manifests as procrastination, lack of completion of tasks, and withdrawal from social or pleasurable activities. This type of depression often leads to a sensation of going through the motions without truly engaging in life (a sense of being there yet not there). The therapists specialize in working with and addressing these less obvious symptoms of depression, guiding clients towards a more active and engaged existence.

## Depression and Chronic Medical Illness

It's also important to recognize that individuals dealing with chronic medical illnesses often find themselves susceptible to depression. The continuous stress of managing a long-term physical illness can lead to feelings of helplessness and despair, significantly impacting one's mental health. At Affordable Counselling, we understand there can be an intricate link between physical and mental health and provide supportive care in addressing the psychological impact of living with chronic medical conditions. Our therapists are skilled in supporting clients through the psychological hardships that accompany physical illness, helping to improve overall well-being and quality of life.

## A Message of Hope

Depression, though daunting, is not insurmountable. With professional support and the right therapeutic approaches, the challenges of depression can be substantially managed and overcome. Affordable Counselling is committed to supporting each client on their journey toward recovery, as they find the path back to joy and fulfilment. Remember, reaching out for help is a courageous first step towards regaining control of your life. With personalized, compassionate therapy, overcoming depression is not just a possibility—it's the focus and goal of therapy.

## In Person and Online Therapy

You can book a counselling session [Here](#)

Visit our website [www.affordablecounselling.ie](http://www.affordablecounselling.ie)

Details of each Therapist can be found on [www.affordablecounselling.ie](http://www.affordablecounselling.ie)

**The Amden Suites, Floor 2, The Atrium, Blackpool Business Park, Cork**

Directions: [Click Here](#)

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