Beck’s Therapy for Depression compared to alternative therapies

Please complete the following chart – you may work in groups of 1, 2 or 3. Only one chart needs to be turned in for each group. Please include all group members’ names on the chart for credit.

In the first column, please list the goals of Beck’s Therapy for Depression. Please also list the keys to success for this psychotherapy and explain reasons why this therapy might fail. You will likely need to do some internet research for this part.

In the second and third columns, please pick one of the following alternative therapies for depression. Look up the details of these alternative therapies and explain: A) How this therapy is supposed to work, B) its claimed effectiveness and C) your evaluation (opinion) of this alternative therapy of depression.

* Acupuncture
* Guided imagery
* Chiropractic treatments
* Yoga
* Hypnosis
* Biofeedback
* Aromatherapy
* Herbal remedies (St. John’s Wort)
* Massage (reflexology)
* Bibliotherapy
* Light Therapy

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| Beck’s Therapy for Depression | Alt Therapy #1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Alt Therapy #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |