

Are you struggling with long term depressive symptoms?

Have you considered the benefits of a telehealth group therapy program that tackles the origins of long-term depressive symptoms?

We are recruiting participants with persistent depression for a 20-week **Group Schema Therapy** program run via telehealth video conferencing. This program is being conducted at the Schema Therapy Institute Australia. We will be assessing the program's feasibility in reducing persistent depression symptoms as well as secondary symptoms of this disorder. Group Schema Therapy focuses on the awareness and management of emotional states, examining the schemas (particular ways of thinking, feeling and behaving) that underlie these states, and challenging these schemas. It has been shown as an effective treatment in other long term psychiatric conditions, such as personality disorders.

You may be eligible if you have:

- Symptoms of Persistent Depressive Disorder: some form of depressive symptoms over a 2 year period without remission from symptoms for greater than a 2 month period.
- No history of psychosis
- No current acute risk of suicide or self harm

Participation in the study involves completing the telehealth group sessions and either face-to-face or telehealth assessments and online questionnaires at three different time points. Please contact us to find out more about the program.

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