TREATMENT FACT SHEET

GENERAL TALK THERAPY FOR DEPRESSION

TREATMENT WORKS FOR VETS

WHAT IS GENERAL TALK THERAPY?

General talk therapy involves talking about problems or issues on your mind. It is less structured than some other talk therapies and does not usually focus on teaching specific skills for improving thoughts, behaviors, or relationships. The focus of general talk therapy is on providing support for discussing issues on your mind.

WHAT WILL I DO IN GENERAL TALK THERAPY?

The goal of general talk therapy is to provide a safe and supportive place to discuss and explore your feelings about problems that you are experiencing in your life. This can involve discussion of issues related to recent life events or related to earlier life experiences.

HOW LONG DOES GENERAL TALK THERAPY TAKE?

General talk therapy is less structured than the other talk therapies for depression and usually does not have a specific treatment length. As a result, the length of treatment is more open-ended.

HOW OFTEN WOULD I SEE MY THERAPIST FOR GENERAL TALK THERAPY?

The frequency of visits in general talk therapy varies. Often, this involves weekly or bi-weekly sessions. However, sessions may be spaced farther apart. You and your therapist would decide how often your sessions should be.

WHAT ARE THE RISKS OF GENERAL TALK THERAPY?

You may feel discomfort when talking about difficult issues in your life. This may include issues in your current life or experiences from early childhood or more recent past.

HOW EFFECTIVE IS GENERAL TALK THERAPY?

General talk therapy can be helpful for some people, particularly those who are interested in receiving general support or in learning about themselves. Because it does not focus on teaching specific skills for addressing problems related to depression, the benefits, for some, may not extend well beyond the end of treatment.