

Crisis Intervention LA Identifies Depression As Top Treatable Mental Health Condition in the United States

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Beverly Hills CA: Crisis Intervention LA and Dr. Craig Hands, psychologist Beverly Hills authority, have pointed to research studies indicating that depression is the number one treatable mental health condition in the United States today. The condition can have a number of symptoms which range from inability to work, sadness, quick anger flares, back pain, fatigue, forgetfulness, change in eating habits, and lack of concentration. The doctor places special emphasis on the underlying causes of depression rather than just addressing the symptoms. The result is a reduction of symptoms which is long-lasting. Typically, medication is not required.

Anxiety and depression are issues which are growing in numbers. Dr. Hands recognizes the importance of having a psychologist to help clients through tough times. He uses a rich variety of psychological research, approaches, and experience to help in understanding the underlying causes of emotional distress. He uses the symptoms to identify the emotional meaning of the depression. The methods used are cognitive and insight-oriented therapy.

Often, the symptoms of depression and anxiety are linked to life circumstances such as work-related difficulties, insomnia, personal loss and trauma. The client might also be experiencing self-destructive life patterns or relationship issues.

Depression treatment Los Angeles individual therapy uses an integrative standpoint. The methods may include behavior and cognitive-oriented therapy, psychodynamic and insight oriented therapy. The knowledge and experience of Dr. Hands is to increase the self-awareness of the client in order to better understand and change life circumstances and behavioral patterns. These patterns may be unconscious and unresolved but can cause years of self-destructive behavior.

By understanding why the client is experiencing anxiety, relational, depression or life stressors, coping strategies can be developed. This permits the client to experience relief and focus on positive change. As the name of the center indicates, intervention in a personal or emotional crisis is the purpose of client assistance.

More information about Crisis Intervention LA can be found on their website at <http://www.crisisinterventionla.com/>.

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