

## Effective Treatments for Mental Health Disorders

Disorder: Stress Disorders

Treatments:

- Cognitive Behavioral Therapy (CBT)
- Medications (SSRIs, Benzodiazepines)
- Exposure Therapy
- Insight-Oriented Psychotherapy
- Dialectical Behavioral Therapy (DBT)

Evidence: <https://www.health.harvard.edu/healthbeat/treating-anxiety-and-stress-disorders-with-therapy>

Disorder: Major Depressive Disorder

Treatments:

- Antidepressants (SSRIs, SNRIs)
- CBT
- Interpersonal Therapy (IPT)
- Behavioral Therapy
- Mindfulness-Based Cognitive Therapy (MBCT)
- Psychodynamic Therapy
- Supportive Therapy

Evidence: <https://www.apa.org/depression-guideline/adults/>

Disorder: Dysthymia

Treatments:

- CBT
- Medications (SSRIs, SNRIs)
- Cognitive Behavioral Analysis System of Psychotherapy (CBASP)

- Interpersonal Therapy (IPT)

- Behavioral Activation

Evidence: <https://psychcentral.com/disorders/dysthymic-disorder-symptoms/persistent-depressive-disorder-dysthymia-treatment>

Disorder: Alcohol Use Disorder

Treatments:

- Behavioral Therapies

- Medications (Disulfiram, Naltrexone, Acamprosate)

- Mutual Support Groups (e.g., Alcoholics Anonymous)

- Cognitive Behavioral Therapy (CBT)

- Motivational Enhancement Therapy (MET)

Evidence: <https://www.niaaa.nih.gov/health-professionals-communities/core-resource-on-alcohol/recommend-evidence-based-tr>

Disorder: Grief/Bereavement

Treatments:

- Complicated Grief Therapy (CGT)

- CBT

- Meaning in Loss (MIL) Therapy

- Family Bereavement Program (FBP)

- Narrative Therapy

Evidence: <https://www.jber.jb.mil/Portals/144/Services-Resources/Resiliency-Resources/PDF/SelfCareTipSheets/Grief.pdf>