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Tony Tran *

Department of Psychiatry, University of Siegen, Germany

Corresponding author: Tony Tran, Department of Psychiatry, University of Siegen, Germany; E-mail: tony13@gmail.com

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RI WHFKQLTXHV 7KH FRXQVHORU ZLOO F trends. Although there are many types of therapies available, some psy FKRRJLFDQ WKHUDSLHV KDYH SURYHG W that recognizes unpleasant, negative beliefs and practices that make you feel good, good; Behavioral therapy that is a form of CBT that trains community skills to help manage stress, deal with emotions and improve relationships with others; Awareness and obligation treatment encourage attention and acceptance of assumptions and emotions and focus on making changes, increasing the ability to adapt. Psychotherapy may not correct the condition or create an abnormal state of disappearance. Systemic therapy seeks to deal with people not just individually, as it often focuses on other forms of therapy, but in relationships, dealing with group interactions, their patterns and strengths. However, - LW FDQ KHOS \RX WR EH PRUH ÀH[LEOH D tions may include weakness or constant loss of energy, hallucinations, the event to experience the manifestation of a mental disorder, a insomnia or persistent hypersomnia, diminished interest or happiness. SIM UVRQ PD\ EHQH¿W IURP DQ H[DPLQDWL all activities of any kind. Depending on the severity of the manifestation, a psychologist who can diagnose, analyze, and treat mental health conditions, treatment is recommended with a stimulant letter. Occasionally, Psychotherapy is often used in conjunction with medication to YDULRXV GUXJV DUH DGGHG WR WKH DQWLGHSHUHVVDQW WR VXSSRUW LWV HvF Certain medications are better for certain people. There are alternative therapies for depression such as electroconvulsive therapy, also called VKRFN WKHUDS\ WKDW FDQ EH XVHG ZKHQ WKH GUXJV VHHP LQHúHFWLYH RU WK symptoms worsen. Whenever there is an experience of great stress, there is a great deal of risk. The best way to prevent another phase of depression is to know the reasons and to follow a recommended doctor's prescription to avoid relapses. Some do better than others in treating certain problems and conditions. As a rule, experts use a combination