

Developing an innovative intervention program (Combining Emotion- Focused Cognitive Therapy and Acupuncture) for depression treatment

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Abstract

Depression is a significant cause of morbidity worldwide. Many patients, suffering from depression, would prefer non-pharmacological therapies, because of the side effects of anti-depressive drugs. The aim of this study is to describe the process of developing and implementing an Innovative Intervention Program (CEFCTA) for such people. The process involves two steps: 1) Determining the components of the program through survey and research, and 2) The involvement of multi-disciplinary teams of local staff, experts and clinicians to review, discuss and offer suggestions for the program. The respondents in the study were 60 patients, suffering from depression, who had been selected from four private clinics in Metro Manila, Philippines. Their ages ranged from 25 to 70. They had been selected with the help of the psychologist, research coordinators, social workers, doctors, and associated members of each of the four clinics. The qualitative method (interview), the quantitative method (survey), and mixed-method research were all used to gain a broad perspective for this intervention program. Empirical findings, theoretical models, and practical research evidence (testing the effectiveness of the program through implementation) were combined in the construction of the Innovative Intervention Program, specifically tailored to meet the needs of the target population. A structured intervention program was developed with the aim of reducing the level of depression for an experimental group of selected patients. This program consists of nine modules, extending over twelve sessions, which will be described in detail below. Implementation took place and the evaluation of the intervention was being carried out. This Innovative Intervention Program proved to be a suitable method for reducing the level of depression in adult sufferers.

Key Words: *Acupuncture; Depression; Emotion-Focused Cognitive Therapy*

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