

# Five Tools for Treating Depression

The tools you need to help your clients discover the light within themselves.

Your patients contend with depression daily, and rely on you to help light the way out.

Here are five tools that can help you treat patients with depression.

- 1 Beck Institute Videos**  
[Watch videos](#) from Dr. Aaron Beck, the pioneer of Cognitive Behavior Therapy (CBT).
- 2 Webinar: Implications of Depression on Medical Conditions**  
This [pre-recorded webinar](#) explores the impact of comorbid chronic medical conditions and depression.
- 3 Psych Congress Network Depression Resource Center**  
Find articles, blogs, posters, and videos related to depression. [Learn more.](#)
- 4 Cognitive Behavior Therapy Training Programs**  
The Academy of Cognitive Therapy provides a great list of distance and local training programs. [Learn more.](#)
- 5 Rapid Assessment Screeners for Depression**  
Quickly assess patients for depression with [BDI®-II](#) for adults and [BYI™-2](#) for children.

## Want more resources for treating depression?

We offer a suite of mental health resources and tools that can help lead you and your patient through the entire treatment cycle.

Visit [PearsonClinical.com/MentalHealth](https://PearsonClinical.com/MentalHealth)

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