



# DEPRESSION

Although having specific features, Depression is rather common. In Singapore, 1 in 15 people will have depression at least once in their lifetime and depression is set to become the leading cause of disability worldwide by 2020.

Furthermore, there is a steady increase in young adults (between ages 16-30) seeking treatment for Depression.

**Most familiar symptoms include: prolonged feelings of intense sadness, low self-esteem, feelings of guilt, sense of worthlessness, tearfulness, exhaustion, inability to focus, sleep problems, changes in appetite, self-harm, suicidal ideation and/or social withdrawal.**

Due to the growing urgency of treating depression, Daylight Creative Therapies (DCT) provides psychotherapeutic treatment for depression through creative and neurobiologically informed processes in a group therapy setting over four weekly 1.5 hour sessions.

At DCT we understand that stepping away from the edge of despair can be incrementally slow. The aim of the group sessions is to provide a holding space to connect people experiencing depression with one another toward a joint goal: **to persistently, delicately and compassionately assist in pushing back the darkness.**

*Duration:*

**4 Sessions (consecutive weeks),  
1.5 hours per session**

*Cost:*

Early bird rate: **\$90 per session (\$360)**

Standard rate: **\$100 per session (\$400)**

*No. of participants : 4 to 10*

**“Art therapy process and product offer an opportunity to express and externalize inner emotional experiences so that patient and therapists are able to begin work to bring light into the darkness” (Wise, 2016)**

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CREATIVE THERAPIES