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**THE IMPACT OF COGNITIVE-BEHAVIORAL THERAPY IN REDUCING
DEPRESSIVE SYMPTOMS AMONG ADOLESCENTS**

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This article explores the potential of Cognitive Behavioral Therapy (CBT) in reducing depression symptoms in adolescents. Grounded in theoretical foundations, it delves into the key techniques and strategies employed within CBT to address and alleviate depressive symptoms in this age group. CBT operates on the premise that negative thoughts and behaviors contribute to the perpetuation of depressive states. Through the technique of identifying and restructuring dysfunctional thoughts, CBT encourages the transformation of negative thinking patterns, thereby promoting a more balanced and adaptive perspective. Additionally, CBT integrates emotion management techniques and fosters the development of coping skills, thereby supporting the recovery process. The article also examines how CBT can be tailored to meet the specific needs of adolescents, taking into account the cognitive and emotional developmental nuances of this age group. Complementary approaches, such as Dialectical Behavioral Therapy (DBT) or Cognitive Behavioral Therapy for Relapse Prevention (CBT-RP), are also considered and how they can complement the CBT intervention in treating depression in adolescents. In conclusion, this article underscores the potential of Cognitive Behavioral Therapy in reducing depression symptoms in adolescents. By examining the theoretical foundations and adapted approaches, it emphasizes the relevance and utility of this therapy in the context of treating depression in this age group.

Key words: inclusion, development, sustainability, education.