

FIGURE 6.7 How Might Cognitive Therapy and Medication Influence the Brain During Successful Treatment?

Hypothetical time course of the changes to the amygdala and prefrontal function that are associated with antidepressant medication and cognitive therapy. Cognitive therapy, with its focus on cognitive processing, may increase prefrontal activity, which in turn would inhibit amygdala activity. Antidepressant medication, on the other hand, decreases amygdala hyperactivity directly.

Source: DeRubeis et al. (2008, p. 793).

a Before ADM or CT

Amygdala hyperactivity leads to decreased PFC function or efficiency

b CT

Increases PFC functioning

Increased PFC function leads to decreased amygdala reactivity

c ADM

Decreases amygdala hyperactivity directly

d After ADM or CT

