


PDD

Moderate PDD Management Plan

-  **Professional Care (Foundational)**
 - **Therapy:** Engage in regular sessions with a licensed therapist. Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT), or Acceptance & Commitment Therapy (ACT) are especially effective for PDD.
 - **Medication:** If symptoms are interfering with daily life, SSRIs (like fluoxetine or sertraline) might be recommended. Always follow medical guidance.
 - **Routine Check-ins:** Schedule monthly or bi-monthly follow-ups to monitor progress and adjust treatment as needed.

