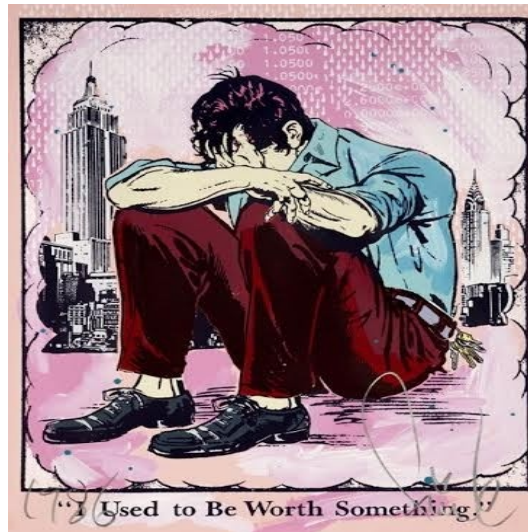


# DEPRESSION WHAT IS IT? HOW DO I KNOW IF I HAVE IT? WHO CAN HELP ME WITH IT?

*BY: Susan Loane Counselling Services.*



**Depression** is a term used to describe symptoms of unhappiness to feeling a lack of self worth, to

suicidality. In other words the term depression is often overused for term for what can in actual fact be very different experiences and symptoms.

Irrespective of the Dsm's and the Medical Books *per se*,... the issues that you are experiencing that are

unique to you, must be treated and cannot be ignored.

At Susan Loane Counselling, Gold Coast, we offer a unique tailor made therapeutic counselling

process that is unique to my practice. *Introducing Quadrant Therapy.*

This Therapy is something I can teach you in consult. A must do for improving your life with ease and precision, and a little bit of brainstorming. All who have tried this, agree it is a wonderful and easy to learn therapeutic technique. Unique to Susan Loane Counselling!!

Also used at Susan Loane Counselling.

## **Cognitive behaviour therapy - CBT**

CBT is a structured psychological treatment which recognises that a person's way of thinking (cognition) and acting (behaviour) affects the way they feel. CBT is one of the most effective treatments for depression, and has been found to be useful for a wide range of people, including children, adolescents, adults and older people.

In CBT, a person works with a professional Counsellor or therapist, to identify the patterns of thought and behaviour that are either making them more likely to become depressed, or stopping them from improving once they become depressed.

CBT has an emphasis on changing thoughts and behaviour by teaching people to think rationally about common difficulties, helping them to shift their negative or unhelpful thought patterns and reactions to a more realistic, positive and problem-solving approach.

CBT is also well-suited to being delivered electronically (often called e-therapies).

Do you live in Adelaide, Canberra or North Coast NSW? NewAccess is a free and confidential service that provides support in the form of a coach. The program includes six free sessions tailored to your individual needs.

### **Behaviour Therapy**

Behaviour therapy is a major component of cognitive behaviour therapy (CBT), but behaviour therapy focuses exclusively on increasing a person's level of activity and pleasure in their life. Unlike CBT, it does not focus on changing the person's beliefs and attitudes. Instead it focuses on encouraging people to undertake activities that are rewarding, pleasant or give a sense of satisfaction, in an effort to reverse the patterns of avoidance, withdrawal and inactivity that make depression worse.

### **Interpersonal Therapy - ITP**

IPT is a structured psychological therapy that focuses on problems in personal relationships and the skills required to deal with these problems. IPT is based on the idea that relationship problems can have a significant impact on a person experiencing depression, and can even contribute to the cause. IPT is thought to work by helping people to recognise patterns in their relationships that make them more vulnerable to depression. Identifying these patterns means they can focus on improving relationships, coping with grief and finding new ways to get along with others.

### **Mindfulness based cognitive Therapy (MBCT)**

MBCT is generally delivered in groups and involves learning a type of meditation called 'mindfulness meditation'. This meditation teaches people to focus on the very present moment, just noticing whatever they are experiencing, be it pleasant or unpleasant, without trying to change it. At first, this approach is used to focus on physical sensations (like breathing), but later it is used to focus on feelings and thoughts.

MBCT helps people to stop their mind wandering off into thoughts about the future or the past, or trying to avoid unpleasant thoughts and feelings. This is thought to be helpful in preventing depression from returning because it allows people to notice feelings of sadness and negative thinking patterns early on, before they have become fixed. It therefore helps the person to deal with these early warning signs better.

In this process, I will discuss with you your counselling needs and requirements. Some of the methodology may look at, depending on your experience,

***I can help you with your depression, and the underlying causative factors, but you have to do your part, and that is: call ME!! On***

***My Mobile: 0440 126 626***

***Office Hours: 9 – 5pm Monday – Saturday. )***

