

DEPRESSION

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Depression

- Several types of Mood Disorders:
Major Depressive Disorder, Dysthymic Disorder, Bipolar I and II Disorder, Cyclothymic, Substance Induced and Mood Disorder Not otherwise Specified
- Today's discussion will target symptoms related to a Major Depressive Disorder and the treatment of

Criteria for Major Depressive D/O

- 5 or more of the following present during the same two week period
- represent a change from previous functioning
- at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure

Criteria for Major Depressive D/O

1. Depressed mood most of the day, nearly every day, as indicated by subjective report (feeling sad or empty) or by observation by others (appears tearful)
2. Marked diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day
3. Significant weight loss/gain or increase/decrease in appetite nearly every day
4. Insomnia or hypersomnia every day
5. Psychomotor agitation or retardation nearly every day
6. Fatigue or loss of energy nearly every day
7. Feelings of worthlessness or excessive or inappropriate guilt
8. Diminished ability to think or concentrate, or indecisiveness, nearly every day
9. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or attempts or plan for committing suicide

How does thinking effect our Mood?

- Cognitive Therapy hypothesizes that one's emotions and behaviors are influenced by their perception of events (Beck, 1964)
- Exercise (Visual Imagery)
- Event=Thought=Emotion=Behavior

Beliefs

- Beginning in childhood, people develop certain beliefs about themselves, other people and their world
- Core Beliefs are the most central to ones existence
- These beliefs are fact and are rarely questioned
- They are typically rigid and over generalized
- Hard drive

Beliefs

- It's believed that an interpretation of a situation strongly influences ones emotions as previously stated
- Often, certain events are almost universally upsetting (September 11)
- Those who typically suffer from depression have "thinking errors" (discussed later) which can lead to depression

Label Emotions

- Some struggle with differentiating between thoughts and emotions
- Some say "I feel" when they mean "I think"
- Some defend against emotions with primitive defense mechanisms
- Some have difficulty verbalizing what they feel (alexithymia)
- Once one is able to identify, we ask one to rate on a scale of 1-100

Utilize the Socratic Chain

- And what does that mean?
- And what does that mean?
- And what does that mean?
- And what does that mean?

Two Core Beliefs About Self

- Unlovable
 - I am unattractive
 - I am unwanted
 - I am bad
 - I am defective
 - I am disrespected
 - I am not good enough
 - I am certain to be abandoned

Two Core Beliefs about Self

- Helpless
 - I am helpless
 - I am weak
 - I am trapped
 - I am inadequate
 - I am a failure
 - I am needy

Identifying Cognitive Distortions

1. Dichotomous thinking-View situation or self in only two categories (good/bad)
2. Catastrophizing- Predicting the worst possible outcome to an event
3. Emotional Reasoning-You think something is true because you "feel" it
4. Mind Reading-You believe you know what one is thinking without thinking of possible alternatives
5. Should and Must statements-Using these usually puts undue pressure on self or others
6. Tunnel Vision-See only one part of a situation and deny another part (s) which may play a role

How do I identify Automatic Thoughts?

- What's going thru your mind right now?
- Concentrate on the image that plays over in your mind when you get(sad, upset, depressed) and ask your self "what am I thinking?"
- What does this situation mean to me?
- If I were to guess, what do I think was going thru my mind?

Help Question the Thoughts

- What is the evidence that suggest your...?
- What is the evidence that says your not...?
- What is the evidence that supports this idea?
- What is the evidence against the idea?
- Is there an alternative explanation?
- What is the worst thing that could happen?
- What is the best thing that could happen?
- What is the most realistic outcome?
- What would I tell a friend if they were in the same position?

Evaluating Automatic Thoughts

- How much do you believe this thought is true? (1-100)
- How strong is this thought?
- What other thoughts coincide with this thought?
- What did you do after this thought?"
- I'll never get this...I feel sad....I left this presentation"

Create an Adaptive Thought

- Help create a thought that is more realistic and rational
- See if the thought "fits"
- See if the client is "convinced" that the thought is able to be integrated
- Ask what would get the thought to change?

Evaluate the Utility of the Automatic Thoughts

- Some thoughts may be entirely valid but we must examine the usefulness of the thought
- Ask oneself what the advantage of thinking...."I won't get the job"
- Advantage is I won't have to feel bad if I actually don't get it
- Is there any way we can think some thing more realistic if you don't get it

Dysfunctional Thought Record

• Situation AT Emotion Adaptive Response Outcome

Friend didn't call He doesn't like me Sad He may of gotten busy
Hopeful he will call

Friend still doesn't call No one likes me Depressed Lots of people
like me maybe just not him Feel better

Process of Depression

- Situation At Thought Emotion
- Generalized Stronger Emotion
- Fact Depression

Process of Depression

- Bar Complaint I'm in horrible trouble Sad
- I'm always in trouble Anxious
- I'm worthless
- Depressed

