



**Cork
Counselling
Clinic**

DEPRESSION

From a Counselling, Coaching and Psychotherapy perspective we are not looking at focusing on the single presenting issue in the way a medical model may do. In our case, we are looking at the persons' emotional world from a holistic point of view. It is a collaboration of both approaches. Therefore, we provide our downloads as an initial overview of some of the presenting issues clients attend therapy.

Depression

Depression can have many causes. It can be an organic response within a family with a strong history of depression or a reaction towards life events that have had a great impact on you.

Regardless of the cause and diagnosis which you may have received from your doctor or consultant, from a therapeutic perspective, we offer a supportive role to you as a whole person. Depression may be a part but our focus will be on all of the parts. The 'Whole' person.

Therapy provides you with a safe space to explore and understand yourself in a better way without judgement. To become grounded in yourself and work towards taking positive action towards well being.

We believe there is both a natural desire and yearning within each person to be understood, to change to become the best person they can be. To become whole, fulfilled and leading a life of purpose. It is our privilege to walk such a journey alongside you in a compassionate and caring role.

Signs & Symptoms of depression:

- Feeling sad and hopeless.
- Symptoms are continuous.
- Effects family, social & work life.
- Crying unexpectedly.
- Anxious and worried.
- Guilt and shame.
- Irritable.
- Feelings of suicide or self-harm.
- Loss of libido.
- Withdrawn.
- Losing interest in your hobbies and pastimes.
- Difficulties in interacting with the outside world.

It's important to know that you do not have to have all the above symptoms and it's only a sample guide. Therapy does not provide the diagnosis but the support at such times to journey with you the client, in a compassionate, understanding and caring way without any judgement. Such is the privilege of our role.

Depression can have a profound effect on what you think, feel and how you behave. Self-care can quickly fall to the wayside. Tasks that would normally be easy for you to carry out can feel like climbing a mountain and get put off. Withdrawal to your room to go under the duvet can be a common desire and behaviour. Sufferers from depression can also have a strong link to stress, and therefore stress reduction will form part of any lifting of the depressive symptoms.

Depression can happen to anyone, even though there are links to the disorder running in families, it still is the case that it can happen to anyone and at any time. Its effects can be different for each individual. For some suffers they can lose weight, sleep very little while the exact opposite can happen to another person who may gain weight and sleep a lot of the time, both by night and day.

Though depression can happen to anyone some are more vulnerable to it happening to them. One example of this is where a person has some other chronic health conditions. The effects of chronic illness can take its toll in other ways other than the specific conditions but can lead to the perfect storm that will wear a person down over time with a resultant depression.

Regardless as to the cause of the depression, Talk Therapy can be one very effective tool in the fight to help you regain your normality and to return to an even keel in your life.

Therapy is not a diagnostic tool and the therapist will not try to diagnose you with depression. That is for a medical expert to do. Regardless of you receiving a diagnosis of depression, major depressive disorder or any type of depressive disorder, therapy is the supportive talk tool that can be used to provide support, understanding and compassion during this time in your life. The therapeutic relationship we build with all our clients has at its core the philosophy that any person is a complete person who has a natural desire and drive to personally grow. We support and nurture such growth.

Effects on others:

Though a person may be suffering from depression and feeling alone in a dark place, it can also have effects on those around them. You may be tetchy and grumpy, critical, distressed and weepy. This is understandable as it is part of what depression can be. For those around you, this can be a source of worry for them. Your loved ones may be anxious about you. Therapy can provide the supports to the depressed person to allow the loving care of their family members and loved ones to reach out to them. Several clients report guilt and shame when it comes to the effects that their depression is having on those they care about and therapy is a very safe space to explore ways of addressing this aspect of depression so that 'all boats rise together' as it were.

What leads to an onset of depression?

There are many factors which your doctor can check with you in determining if you are experiencing depression and some precipitating events can be, but certainly not limited to;

- Loss of employment.
- Grief and bereavement.
- Destressing events that happen your life or lifestyle.
- Physical illness.
- After the birth of a baby.
- General difficult life circumstances.
- Entering a new, possibly unwanted phase in life.
- Parental alienation.
- Unresolved anger.
- Relationship difficulties that go unaddressed.

How does Therapy help?

In essence talk therapy, especially using evidenced-based C.B.T. therapy can be one very positive and effective tool in helping a person who suffers from depression find purpose again and regain the ground that they feel they have lost. Like many situations in life, the earlier you intervene the better. Sometimes the situation can get better of itself as we have an innate ability to selfheal. However, in some cases, the depression gets progressively deeper the longer help is not sought.

Talk Therapy will help focus your thought patterns more constructively and helpfully. Depression can lead very much to black and white thinking. Therapy explores your options and focuses on your inner strengths which may have been overshadowed by the shadow of depression. Putting a plan in place for a way through has been found to help clients greatly. Incorporating aspects of self-care, exercise, mindfulness as well as the support of loved one's form part of the plan to get back to your authentic self again.

Some clients will already be under the care of a doctor and maybe prescribed medication which can help. From a talk therapy perspective, we certainly will work with such clients in a collaborative process with your doctor or medical team.

We hope you reach out for help and we would be delighted to journey with you on your road to empowerment and maintaining a healthy balanced lifestyle.

We use an integrative approach to talk therapy and do our utmost to get the best for each client. We aim to support you the client on your journey of change in areas of your life that is presenting you with such difficulties. Our goal is to be present for you on your journey of self-discovery.

Please feel free to contact us or book in for a free 15-minute telephone call to discuss your particular needs and we would be delighted to help you in a way forward in your journey out of depression in a safe supportive way.

This is just an overview of a small number of ways that depression can present in a person's life. There are many areas besides those mentioned that can be impacted. We view the client as a whole person who is on a journey of healing. We do so with compassion, patience and gentleness. We hope you will also apply such patience with yourself.

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