

This information is a guide to Depression and the ways in which we can treat it using hypnotherapeutic techniques*. This Information Pack accompanies the 'Depression Cycle' diagram. This information is issued by The Hypnosis Centre as a standard information resource in response to a request. Please note that if a patient were to engage us to work together on beating depression then we would need to speak at length as every case is different.

As the reader and you've suffered from depression, you may very well know a great deal about the 'Depression Cycle', the use of drugs for treatment, the side-effects of such drugs and so on – some of this may be covered here.

I enclose a diagram of this Cycle which I find most useful - you may have seen something similar already. Really stripping this cycle down and gathering information from the masses of research which has been done, it boils down to this....

As depression progresses, we get locked into a trance-like state - as we become emotionally aroused with negative emotions, our brain treats this arousal as a traditional 'threat' and reverts more to 'All or Nothing thinking' reducing our possible outcomes even further.

- **The more emotionally-arousing, negative thinking we do, the more we dream**
- **As the excessive dreaming causes more REM sleep, meaning less deep sleep, we become exhausted.**
- **The more exhausted we are the more we are likely to interpret reality in depressing ways.**
- **The cycle continues by finally affecting our immune systems, and periods of repair and re-growth we undergo in deep sleep, affecting our health, which can only add to depression.**

To beat depression for good, we have to break the cycle in as many places as possible and stop it from reforming. This is where Hypnotherapy works so well.

You'll notice from the diagram - and you may well have read this in books on the subject - that Serotonin is part of this cycle and this is very important. Serotonin is a naturally occurring hormone and is something of a Happy Drug. Serotonin elevates your mood, reduces alcohol and food cravings, reduces pain and boosts energy. When depression kicks in, there isn't much of this around and you start to go further down so even less Serotonin is produced and so on.

This is a perfect example of how the psychological affects the physical - and fortunately we can deal with the psychological.

You might also be interested to know that depressives dream (REM sleep) 3 times as much as those who are not sufferers from the condition. This is absolutely key here - REM sleep is used to resolve emotions not resolved whilst awake and is, basically, hard work. Recuperative sleep is the one we need to keep us in balance but depressives get very little of this - I think the diagram illustrates this.

It is well understood that depressives 'ruminate' **and quite a lot too** and in the depressive cycle this produces a great deal of emotional arousal (it doesn't actually provide any benefits or do anything at all - except arouse emotions). Your brain resolves this by using REM sleep so that it can then 'flush' any unresolved emotions from your mind - the more REM you get, the less recuperative or deep sleep you get... you can see what's happening here.

The way I treat this is to break this cycle up in various ways:

- Psychologically amplify any positive experiences (however small or seemingly trivial). This starts to get some Serotonin going - this kick-starts a positive cycle.
- Break up the excessive rumination - this really does break the depressive cycle. A short sentence this but I put a great deal of work into this and can't tell you at this stage exactly what I'll be doing as I use many different strategies. The strategy I use with you will depend on your unique circumstances. This is also progressive and I can't do this in one session, like we can for some conditions. I need to get progressive feedback on your condition, sleep patterns, dreaming and so on. Also, Serotonin will start to be produced and that will produce effects (generally very positive ones) and we'll modify the treatment as we go*.
- Regressive techniques to identify the Initial Sensitising Event or trigger, where present – the power of this can then be 'collapsed' in order that we will never have to deal with it again.
- Removal of the depressive behaviour set as a future coping option.
- Hypnotherapeutic techniques for Confidence Building and Self-Esteem. This gives you back your strength and sense of purpose and self worth.

I'll also teach you Auto Hypnosis (or Self-Hypnosis) whilst in hypnosis - this is a skill which you will then have for life and will always be useful for dealing with those things that come at us now and again as we journey through life.

For further information, please contact me via telephone or email if we've not already prearranged that.

Thank You.

John Sellars
Clinical Hypnotherapist

*Some of the techniques I would normally expect to use during hypnosis are Direct Suggestion, NLP, EFT, Reframing, Parts Therapy, Regression, Progression amongst others - it depends on your case and the progression of causal reductions and symptom alleviation.