

# DEPRESSION and LOW MOOD



## HELP IS HERE!

**FREE INITIAL CONSULTATION AND ADVICE**

HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

### What is depression?

'The black dog.' *Winston Churchill*

'A loss of interest or pleasure in activities.' *DSM IV*

'I appear at times merry and in good heart, talk before others quite reasonably, and it looks as if I felt well within my skin. Yet the soul maintains its deathly sleep and the heart bleeds from a thousand wounds.' *Hugo Wolf.*

'**Dejection; despondency; lowness.**' *Selfknowledge.com*

'Depression is like a constipated rhino sitting on your chest.' *Rob Anderson.*

- **10% of people have depression at some time in their lives.**
- **Depression occurs most often between the ages of 24 and 44.**
- **Twice as many women as men have depression.**

Depression has been described as the '**common cold**' of mental health – while this doesn't describe the level of distress which many people experience, it does mean you are not alone in experiencing it.

### What are the symptoms of depression?

- Sleep disturbances (early waking, disrupted dreaming, sleeping excessively)
- Feeling worse at certain times of day (or in different seasons)
- Ruminating on past or current difficulties or events
- Reduced interest in and less enjoyment of previously enjoyed activities
- Alterations in sex drive
- Weight loss or gain
- Eating or drinking too much
- Loss of appetite
- Irritability
- Fatigue; reduced energy
- Being agitated or slowed down
- Thoughts of worthlessness or extreme guilt
- Reduced ability to think, concentrate or make decisions
- Feeling hopeless about the future
- Feeling helpless to change things
- Feeling isolated; not wanting to socialise
- Morbid or suicidal thoughts
- Tearfulness
- Feeling emotionally numb
- Low self esteem; low confidence.

## **Are there factors which make you prone to depression?**

Depression is more common in people with other mental or emotional health issues, people with physical health problems, and those who have had adverse life events – as you'd expect.

## **How can Mindscape Therapies help?**

I have a **particular expertise and interest in emotional and mental health issues**. I give you time and space to express your feelings, and support you in identifying where you would like to make changes, and to tackle any underlying issues which may contribute to your depression, such as past events or current stresses. **This enables me to support you through emotions which go beyond the low mood we all experience at times, in a safe and empowering way.**

## **How can hypnotherapy help with depression?**

By inducing a deeply relaxed state where we can **identify and tackle the underlying causes of your depression**; by **replacing negative thoughts and reactions** with more **positive, adaptive suggestions** which still respect your experience and feelings; by the use of specific techniques which can enable the subconscious mind to 'let go' of depression. **NLP** techniques are interwoven with hypnotherapy and are invaluable to develop and promote more positive thought and communication patterns.

## **How can EMDR help with depression?**

**EMDR enables distressing and traumatic material to be processed**, so reducing its emotional impact. EMDR can thus alleviate depression linked with a traumatic event, such as bereavement. EMDR may also help you to deal with the impact of depression on your life, as it involves replacing negative thoughts and feelings with ones which give you an enhanced sense of self worth and enable you to move on. **EMDR is particularly effective where trauma issues contribute to depression.**

## **Why choose to work with Mindscape Therapies?**

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues**, specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

**I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.**

I work to NCH, APHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

**I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.**

Please contact me for a **FREE** initial consultation, information or advice.

**Competitive rates.**

**07810 510170**

**kate@mindscapetherapies.co.uk**

**www.mindscapetherapies.co.uk**

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