



DETTERRANT TO DEPRESSION COUNSELLING

Working with the debilitating mental, emotional and physical after math of Depression is becoming a daily occurrence in our Bondi Junction Counselling practice.

Here below are some articles which we on post from Beyondblue the nationally recognised organisation dealing with Depression.

One of the major deterrents to attending Counselling for the Australian community is the **erroneous self held belief**

that we should be able to look after our self, unfortunately our social conditioning and childhood exposure to many and varied forms of dysfunctional social attitudes and behaviour leaves us with the mental impression and unfortunate state of habitual unconscious behaviour which our psyche reverts to when ever some emotional trigger of discomfort activates a contracting response fear driven, breath withholding response from old learned unconsciously stimulated behaviour.



Andrew Johns the amazing football player in a down moment.

His career was plagued by high personal expectations which most probably placed too great a demand on his total being and the slumps, wounds and disappointments were at times too distressing for him to manage, so he "partied" through them to arrive at an even great abyss to be met.

As qualified, life experienced, Hakomi Graduate psychotherapists both Carol Stuart and Rod McClure from Bondi Junction Counselling Service regularly assist clients who have previously attended medical services and been prescribed mind and body numbing anti depressants to "paper over" underlying psychological wounds and trauma which body sensitive psychotherapy actually contacts for core healing. We make not pretense here of working with Andrew although the offer was made to his Manager, the NRL general manager David Gallop and the Footy Show panel.

Fortunately Brad Fittler has taken the authoritative position of identifying excessive alcohol as a major deterrant to footballers performance.

All football codes display massive hypocrisy and double standards by keeping their tills filled withthey addiction to alcoholic sponsorship funding.



What is depression?

In lay men's terms we could say depression is the bottom end of a mood swing, which in many

instances is 'avoided' by ingesting or participating in "Uppers" of drugs, alcohol, sex, obsessive behaviours, with alcohol and gambling.

The wonderful rugby league footballer and amazing athletic performer, **Andrew Johns from Newcastle** pictured here, by his own admission was a classic example of this incredible depressive polarity.

Andrew placed himself under the most incredible pressure to "DO WELL", when he seemed to be most content surfing a wave, which as is his developed nature, he would have done exceptionally well any way.

Being the "Joey" of the family Andrew, we guess just had to out perform his loving elder brother Matthew, who possibly tried to please the "Big Roo" their Father and so the system is passed on for generations until some one breaks the chain.

To show the courage and composure in his self admission only enhances our respect for Andrew who will now be able to 'be himself'.

Depression is common and affects up to one million people in Australia each year.

Depression is not just a low mood or feeling sad, but a serious condition that needs treatment.

People with depression generally feel sad, down or miserable most of the time.

They find it hard to engage in or be interested in normal day-to-day activities.

AS with all serious and neglected emotional disturbances Depression ultimately has serious effects on *physical* as well as *mental* health.

STOP PRESS:

March 14, 2008 10:00pm

LAST year was a shocker for NRL legend Andrew Johns, but he's kicking goals left right and centre in 2008.



Featuring *Kenny* star **Shane Jacobsen**, the coming-of-age film is set against the backdrop of Johns' home town.

Just hours before Johns launched the next stage of his career on Channel Nine's Friday Night Football commentary team yesterday, it was announced the feature film in which he appears has been selected to premiere at the Tribeca Film Festival.

The surf turf flick Newcastle, in which the league hero stars as himself, will be riding the wave of the international film scene when it debuts at Robert De Niro's annual festival in New York next month.

Featuring Kenny star Shane Jacobsen, the coming-of-age film is set against the backdrop of Johns' home town.

Referrals to Medical Doctors.

Certainly there are times when we refer clients to our preferred psychiatrists and medical practitioners for prescription assessment which is our professional responsibility.

The following notes from Beyondblue tend to take the medically qualified road and ignore the benefits of loving nourishment, compassionate understanding and gentle caring humane body sensitive psychotherapy to address some of these age old emotional stressors such as asthma arthritis, grief and loss.



The wonderfully amazing and hilarious soul Gary McDonald who is a foundation sponsor of beyondblue along with other well know identities including former Victorian State Premier Jeff Kennet and media personality Jessica Rowe are all helping to bring Depression out from beneath the covers of stoic shame and and embarrassment.

Here he is one of Gary's great comic performances interviewing Sir John Gorton the former Prime Minister of Australia who "Norman Gunston" aka Gary McDonald referred to as the Liberal Politician with a Labour face.

<http://australianscreen.com.au/titles/gunston-tapes/clip1/>

How do you know if a person is depressed?

A person may be depressed, if for a period of **more than two weeks** they experience:

1. Feeling sad, down or miserable most of the time,

OR

2. Loss of interest or pleasure in most of their usual activities AND experienced some of the following symptoms:

What is the link between depression and arthritis?

Up to two thirds of people with arthritis say their condition has affected them emotionally.

Many people with arthritis are frightened by the impact arthritis might have on their everyday life and their future. People living with persistent pain are four times more likely to experience depression or anxiety than people living without pain.

Having arthritis can result in a loss of independence, self esteem, the ability to work and continue social or recreational activities. These losses are risk factors for experiencing depression.

Living with arthritis can place stress on relationships. Pain and tiredness may make connecting with family members and friends seem like an effort. Intimate relationships can also be affected.

It is not unusual for younger people to feel especially angry or depressed at being diagnosed with a disease that is mistakenly thought to affect only 'old' people.

Depression can make it hard for people to manage their arthritis effectively if they can't find the energy to exercise, take medication regularly, keep appointments and eat healthily.

beyondblue: the national depression initiative and Arthritis Australia have developed this fact sheet to raise awareness of the risks and impact of depression in people with arthritis.

What treatments are there for depression and arthritis?

There are effective treatments for both depression and arthritis. A co-ordinated approach to treatment can have benefits for both conditions. For example, people with arthritis and mild depression may find that regular physical activity improves depressed moods and also helps control joint pain and stiffness. More severe types of depression may require different types of treatment, including:

- medication to relieve the symptoms of depression
- Cognitive Behaviour Therapy (CBT) to learn to identify and change negative thought patterns
- Interpersonal Therapy (IPT) to assist with the acceptance of having arthritis and the need for long-term treatment. This can also help improve relationships with family and friends.

An important part of managing depression and arthritis is seeing a doctor regularly to check that treatments are working effectively.

What can you do to help yourself?

If you think you might have depression:

- seek help as early as possible from a doctor or other health professional (for example, psychiatrist or psychologist)
- get involved in social activities
- do some regular exercise
- learn about depression and arthritis
- eat healthily and include a wide variety of nutritious foods
- achieve and maintain a healthy weight
- limit alcohol intake
- get help and support from family and friends.

Things to remember

- Depression and arthritis are both common and treatable.
- With the right treatment, most people recover from depression.

- Seek help early - the sooner the better.
- Depression is an illness, not a weakness, and people shouldn't dismiss Counselling to attend to depression.



What is arthritis?

Arthritis is a name for over 100 conditions that cause damage to the joints, usually resulting in joint pain and stiffness. Arthritis can affect many different parts of the joint and nearly every joint in the body.

In Australia, nearly one in five people has arthritis. Many people think arthritis is a condition that affects people when they get older.

In fact, two out of every three people with arthritis are between 15 and 60 years old.