

# **FREE REPORT – Breaking the Cycle of Depression**

“Everything can be taken away from man but one thing – to choose one’s own attitude in a given set of circumstances.” *Viktor Frankl, Auschwitz survivor*

If you are currently experiencing depression I would like you to know right now that **nearly all episodes of depression remit naturally in about nine months, usually in as little as three and a half**. There *is* light at the end of the tunnel and it can be a lot closer than you think.

With the type of therapy I offer at **stow-hypno**, depression can lift in a fraction of this time, after which life becomes rich and meaningful again.

The facts tell us that depression is now the number one psychological disorder in the Western world. Studies show that the rate of increase of depression has grown in all age groups and that it is growing fastest in young people. Furthermore, as countries become westernised, their rates of depression increase. The World Health Organisation estimates that depression will be second only to heart disease as the most common cause of human suffering by the year 2020.

So, even though we have an ever increasing range of supposedly better drugs available, it is clear that something is wrong with the way depression is currently treated.

## **Depression and its causes**

Depression is an emotion – a very strong emotion – and the depressed person is someone who is highly emotionally aroused. The word ‘aroused’ may seem unfamiliar when discussing depression. However, even though depressed people often look ‘flat’ and inactive, the levels of the stress hormone cortisol in their blood are much higher than normal.

Our emotional responses – including that of depression – arise from the limbic system, often called the ‘emotional brain’. Our emotional responses are all connected in some way to our basic survival instincts that we share with every other mammal. It is because they are concerned with our very survival that they easily override our rational, reasoning mind. Depression, like all other emotionally induced disorders such as anger, anxiety and panic, lock the sufferer into a ‘symptomatic trance’.

It needs to be pointed out that depression is not, in the main, a biological disease. **No depression gene exists**. And the idea that depression is caused by a chemical imbalance in the brain – so fervently promoted by pharmaceutical companies, mostly interested in profit margins – is wrong.

**The chemical imbalance in the brain is a *consequence* of depression, *not* the cause of it.**

Indeed, conclusive evidence shows that the vast majority of depressions are learned, created by the way we interact with our environment. We now know that depression is not caused by specific events, but by how we *respond* to these events. Indeed, there is no situation in life that is so difficult that other people have not traversed it or are going through it now and managing to cope *without* getting depressed.

**Depression is not a permanent state but it is caused or prolonged by continually ruminating (worrying) about events in a negative way.**

“There is nothing either good or bad, but thinking makes it so.” *Shakespeare*

## **Treating Depression with Hypnosis**

It was once thought – and still is by many people, professionals included – that hypnosis was contra-indicated for treating depression. What has become clear over the last decade is that it is the *way* in which hypnosis is used - and not hypnosis per se - that determines whether treatment is a success or failure.

**Any form of therapy that involves looking at the past for a cause or meaning to the depression will maintain or even worsen the depression.** Counselling and psychotherapy are contra-indicated for treating depression. This is easy to understand because a person suffering from depression is already in a trance and if the focus of the therapy is on the past (looking for causes) the depressed person will simply hypnotically amplify past hurts, problems and the like. It drags the sufferer even deeper into the mire. Many people

mistakenly assume that hypnosis always involves regression to some initial 'imprinting event', where, once the cause is found the related symptoms will miraculously disappear. This approach should not be discredited, however. Gaining true insights is an important part of any therapy, but to use it as the main therapeutic intervention to treat depression is nothing short of irresponsible on the part of the therapist. The last thing a depressed person wants is to be taken on long wallows in their past. Incredibly so, many therapists still use this approach, which, I believe borders on abusive therapy!

A newer approach, termed '**Solution-Focused Therapy**' is, as the name suggests, focused on outcomes and solutions rather than problems and causes. It combines the use of cognitive, behavioural and interpersonal skills and also teaches you how to relax. Once your emotions are calmed, you are more able to develop and use new ways of thinking and feeling.

**We now know that positive life experiences raise serotonin levels in the brain at least as effectively as drugs and more instantaneously.**

In 'Solution-Focused Therapy' hypnosis is used to amplify your positive experiences and de-amplify the negatives. It is used to unlock hidden resources that often become buried under the weight of depression. It is used to develop new resources so that you feel motivated to actively re-engage in life. It is used to 'programme' your mind to develop an exciting, compelling future, filled with hope and optimism. Hypnosis will help to instil the confidence and belief needed to undertake new adventures and recognise opportunities when they arise. It will increase your self-esteem and sense of self-worth. Such positive changes will, undoubtedly have a beneficial effect on your sleeping patterns.

At **stow-hypno** I use hypnosis to 'de-hypnotise' you out of the symptomatic trance of depression so that you can, once again, experience the joy and mystery of being alive.

**TO START YOUR CLIMB OUT OF DEPRESSION  
CALL ME NOW ON 0845 450 2326**

© copyright Gavin Roberts 2010