

What are the Symptoms of Depression?

The symptoms of depression can vary. However, most people who experience depression feel down or sad more days than not. Furthermore they find that things in their life no longer seem enjoyable or interesting.

Additionally, people with depression may notice changes in their sleeping, eating, concentration or feelings about themselves. They may find that they have feelings of hopelessness and/or thoughts of suicidal ideation. These symptoms typically last for at least two weeks without letting up.

Depression has many causes. Difficulty coping with painful experiences or losses can contribute to depression. People responding to losses, work related stressors, feelings of guilt, regret or having difficulties adjusting to life changes may experience depression. Some types of depression runs in families. Depression has also been associated with chemical imbalances and other changes in the brain.

Depression is like having a dark cloud that surrounds you on a sunny day. No matter where you go the cloud still surrounds you. It prevents you from feeling the warmth of the sun or the sand under your feet.

Being depressed is being without joy, happiness, and hope. It causes physical pain, reduced sleep and emotional duress. It's when you are sad more than you are happy. I didn't know I was depressed until the tears started flowing. I then cried a river.

Dr. Kane is a wonderful thoughtful therapist. Dr. Kane has been there for me during my journey of depression. He was there to help me see there is a future. He helped me let go of the pain and sadness. He understands depression and guide's you on the journey. He stresses that the focus of the work in therapy is on the journey and not the destination.

He is truly gifted at what he does. I would recommend him to anyone suffering with depression.

~ Veronica (47),
Manager, Human Resources



Self-Relational Psychotherapy

www.lovingtheself.com -----

Micheal Kane Psy.D, MSW, LICSW
Board Certified Diplomate (ABE)

Loving The Self LLC
2711 East Madison Street, Suite 206
Seattle, WA 98112
206-723-8448 tel
206-723-3155 fax
lovingtheself@comcast.net
blog: lovingmemore.com

© 2011 Kane and Associates LLC

This brochure was prepared utilizing information from the following resource:
Post-Development Handbook: A Guide to Understanding and Coping with Readjustment Issues
(Department of Veterans Affairs, The National Center for PTSD) 2004.

Depression is a persistent problem that affects the way a person eats and sleep, thinks about things, and feels about him or herself

~ Jennifer Gregg, Ph. D

Depression: Coping with the "Low Down Blues"



Self-Relational Psychotherapy

www.lovingtheself.com

How is Depression treated?

There are several treatment options for depression. An evaluation should be done by a healthcare professional to help determine which type of treatment is best for an individual. Typically, milder forms of depression are treated by psychotherapy, and more severe depression is treated with medication or a combination of psychotherapy and medication.

Psychotherapy - tends to focus on helping patients learn about their problems and resolve them through working with a therapist. In doing so they learn new patterns of behaviors to help decrease depression.

Two types of psychotherapy for depression are interpersonal therapy and cognitive behavioral therapy. Interpersonal therapy focuses on the patient's relationships with other people and how these relationships may cause and maintain depression. Cognitive behavioral therapy helps patients change negative styles of thinking and acting that can lead to depression.

Medications - there are several types of medications used to treat depression. These include selective serotonin reuptake inhibitors (SSRIs), tricyclics, and monoamine oxidase inhibitors (MAOIs). Antidepressants are typically safe and effective.

They help patients feel less depressed and generally do not make people feel "drugged" or different during their daily lives.

Note: Never start or stop taking medication without consulting your medication provider.

What can I do about Feelings of Depression?

Depression can make a person feel exhausted, worthless, helpless, hopeless and sad. These feelings can make you feel as though you are never going to get better, or that you should just give up. It is important to realize that these negative thoughts and feelings are part of depression, and often fade as treatment begins working.

In the meantime, here is a list of things to consider improving your mood:

- Talk with your doctor or healthcare provider
- Talk with family and friends, allow them to help you
- Participate in activities that make you feel better
- Set realistic goals for yourself
- Engage in mild exercise
- Interact with others and get support from them
- Break up goals and tasks into smaller, more reachable ones

Are there positive ways to respond to feelings of depression?

Yes. We can choose a path that reinforces the value of the self and in doing so; we reinforce both our human power and our five basic freedoms. In choosing this path our focus is on the "Journey of Self Discovery."

Theoretical Approach: The Journey of Self Discovery

I view "the psychological self" and "self esteem" as the primary focus of my clinical work. It is through the usage of "therapeutic conversations" that open the possibilities of empowering "the psychological self" and reinforcing "self esteem."

I view therapy as being the "Journey of Self Discovery." It is in this journey that I have the privilege of being your companion and guide. Unlike other journeys, where the objective is "getting there," our focus stays on the **journey**, not the **destination**.

Stages of the Journey of Self Discovery

MAPPING

M = Meaning

A = Advocacy

P = Protection

P = Preservation

ING = The active state of "in the doing"

As we walk the Journey of Self Discovery, I will point out things that you may not have noticed or considered. I may also encourage different paths and explore with you difficult questions. In doing so our goal is "letting go of" feelings of depression and adopting new coping strategies.

One such coping strategy is to acknowledge that we "Value the Psychological Self."

VALUE emphasizes the following:

V = Validation (approval of the self)

A = Atonement (the gift of apology/forgiveness)

L = Love (warmth, positive self regard)

U = Understanding (enlightenment, comprehension)

E = Empowerment (equip, enable, supply power to self)

Micheal Kane Psy.D, MSW LICSW CTS

Dr. Kane earned his doctorate in clinical psychology from Argosy University/Seattle Washington School of Professional Psychology in 2005. In addition, he received Masters degrees in social work from the University of Washington in 1983, clinical psychology from Argosy University/Seattle in 2002 and postgraduate studies in Traumatology from the Justice Institute of British Columbia, (Vancouver, BC) Canada. Dr. Kane is a certified trauma specialist through the Association of Traumatic Stress Specialists (ATSS) and holds two clinical Dipolmates, the Dipolmate in Clinical Social Work from the National Association of Social Workers (NASW) and Board Certified Dipolmate from the American Board of Examiners in Clinical Social Work (ABE).

Dr. Kane has served on the clinical faculties of the University of Washington, School of Medicine's Department of Psychiatry & Behavioral Sciences and the University of Washington's School of Social Work. In addition, Dr. Kane has served as the Associate Director of Training & Development, Trauma Resources Coordinator and Mental Health Therapist of Hall Health Primary Care Center of the University of Washington and as an instructor and member of the advisory board of the UW School of Social Work's Certificate Program "Psychological Trauma Effective Treatment and Practice". Dr. Kane has served as a consultant on complex trauma and posttraumatic stress disorder to the Congressional Black Caucus Veterans Braintrust (US House of Representatives).

Dr. Kane has maintained a private practice since 1985 working with individuals, couples and families. His theoretical framework is self-relational psychotherapy (i.e. psychological self) which is integrative and reflecting themes based on psychodynamic, reality, and cognitive-behavioral approaches. Dr. Kane's specialties include domestic violence, anger management, depression, anxiety, trauma, grief and loss, and ethnic minority mental health issues. He has experience in gay/bisexual concerns as well as biracial relationship issues. Dr. Kane's research interests are focused on the integration of trauma and domestic violence and its implications within the psychological self.

Publications:

~ Our Blood Flows Red: Trauma & African-American Men in Military Service, Clinical Implications For Working with African-American Veterans with Complex Trauma. Saarbrucken, Germany: LAP Lambert Academic Publishing. Kane, M. (2010).

~ A Review Study of the Clinical Implications for Working with African-American Veterans. (Doctoral dissertation, Argosy University-Seattle, 2005). Dissertation Abstracts International, 25, 144, Kane, M. (2005)



For additional information regarding Dr. Kane's background, please visit www.lovingtheself.com

*Heart,
Instinct,
Principles*