

THE CYCLE OF DEPRESSION



Successful psychotherapy treatment for depression takes into account the cycle of depression:



- 1** One or more innate needs are not being met.
 - 2** Person starts to worry.
 - 3** They get emotionally aroused. Thinking is then catastrophic, all-or-nothing.
 - 4** Patterns of expectation (emotional arousal), which if not diffused or completed during waking hours are translated into dreams.
 - 5** Intense, prolonged dreaming every night. Sleep balance is disturbed.
 - 6** Wakes up exhausted and lacking in motivation, giving person more to worry about.
- Cycle repeats

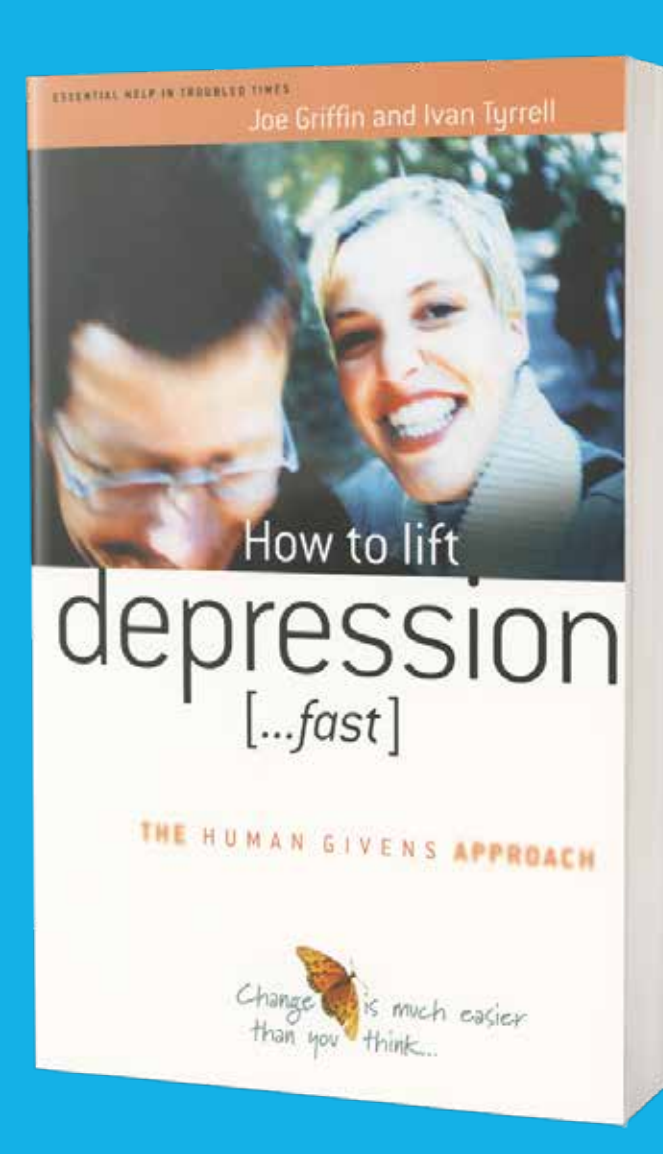
The cycle continues until the worrying stops and dreaming is normalised

Despite being on the increase, depression is actually one of the easiest disorders to treat successfully and quickly – once you know how...

How to lift depression... fast
The human givens approach

by Joe Griffin and Ivan Tyrrell

bit.ly/HG-lift-depression-book



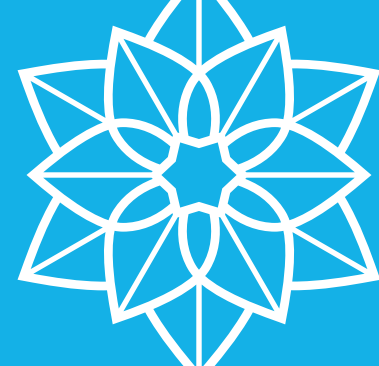
How to break the cycle of depression
Online Course

bit.ly/HG-break-depression-course



How to lift depression – the practical skills you need
One-day UK Course

bit.ly/HG-lift-depression-course



Human Givens

Find out more about the human givens (HG) approach to mental health and wellbeing visit:

www.hgi.org.uk