

## CHAPTER 6

### REFRAMING DEPRESSION

#### Overview:

Depression is a nominalization of the verb “to depress”. Psychiatry has turned the human condition of unhappiness into a pathological illness that uses medication to numb one to this feeling. This induction takes one to the underlying cause of unhappiness in the mind to help show clients another way. Be sure to assign homework that has client practice incorporating new strategies immediately.

### REFRAMING DEPRESSION

Preliminary:

Part of protocol -

- (1) “How do you know when you’re depressed? (write it down).
- (2) Write down what you feel are causes of your depression are.
- (3) Embody what you feel and label as depression.
- (4) Now breathe with it and give it a voice a sound, word, phrase - even a song or chant.
- (5) Begin with creating a sense of comfort and relax - do a gentle breath deepening induction and then begin with...