The Many Faces of “Depression”

Depression is used to describe anything from mild “blues” to deep “clinical” depression. It is important to recognize the signs and symptoms of serious depression and how it may be different for men and women and in different cultures, and may take a number of forms. We will compare experiences of depression described by many famous people with the experience of Biblical characters like Moses and Elijah.

Richard Winter is one of the leaders of the European Christian Counsellors Network. He is Professor Emeritus of Practical Theology and Counselling at Covenant Theological Seminary in St Louis, USA. He is also a psychotherapist and counsellor who was trained in medicine and psychiatry in England before being on the staff and a director of the English branch of the L’Abri Fellowship for 14 years. He is the author of books on Boredom, Depression, Perfectionism, and Reproductive Technologies. He is married, with four children and eight grandchildren.

1. Depression – sickness or sin?

2. A Spectrum of depression

3. Signs of Major (clinical) depression

4. Ways in which men and women express depression

5. Polarity of moods

6. Biblical experiences of depression:
   Lamentations
   Psalms
   Job
Elijah

Moses

Jonah

7. Others:

Luther, Cowper, Lincoln, Rossetti, Dickinson,

Baxter, Colquhoun…

**Suggested Readings:**


*Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism*, Richard Winter, IVP 2005