

Exploring Causes and Cures of Depression

There are many causes of depression. Going deeper into these causes we will see how our view of the world and what happens to us is shaped by our life experiences. We have all been sinned against and are not responsible for what happens to us but we are responsible for how we respond to those things and often need to work on this in counseling. We will consider how medication may be helpful in working against abnormalities of brain chemistry and dysfunction.

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1. "It's not so much what happens to us but how we view what happens!"

How is our view affected?

2. Brain changes – structure and chemistry

3. Are antidepressants helpful?

4. Other medications?

5. Electro-Convulsive Therapy (ECT)?

6. Other biological influences:

A. Postpartum Depression

B. Seasonal Affective Disorder

C. Physical illness

D. Medications

7. Vulnerability summary diagram

Suggested Readings:

When Life Goes Dark: Finding Hope in the Midst of Depression, Richard Winter, IVP 2012

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