

## **Depression**

Depression is perhaps the most common psychological disorder today and is often a significant factor in the break up of relationships, career problems and lack of motivation. Sufferers of depression will often turn in on themselves and refuse to engage with others, pushing away friends and loved ones. People with depression usually also have a general feeling of despair or an inability to see how their situation could change for the better.

Depression often starts so gradually that you don't realise anything is wrong, but over time notice that you start to withdraw more and more from living. Severity can range from being almost totally dysfunctional to having just a few symptoms, such as:

- depressed mood and sometimes fearfulness
- sleep disturbance
- loss of energy
- weight loss or weight gain
- loss of pleasure or interest in usual activities
- difficulties in thinking, concentrating or with focus
- negative thinking or forecasting the future

Often depression is made worse, or even caused by, substance abuse including misuse of alcohol, drugs or cigarette smoking.

Some of the symptoms of depression can be treated specifically, including insomnia, eating disorders and lack of concentration, but best results come from removing the depression itself.

With appropriate hypnotherapy, depression is one of the most treatable disorders. Treatment with hypnotherapy has a dramatically lower rate of relapse than with anti-depressants alone and is now considered the most effective treatment, even in severe cases, enabling the client to focus on solving problems and engage fully in life again.