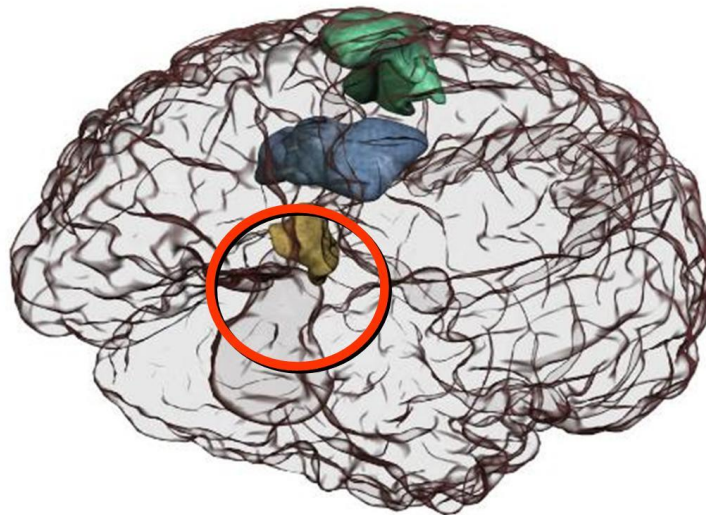




Depression: Psychological Rehabilitation

It is not a secret that healthy public actively avoids close contacts with depressed people because of their lack of optimism and pleasant topics for discussion.

Scientific research states that depressed people are in the power of so-called “inner self-talking” which drives them into depression or gloomy moods (Bolstad, 2000). In these cases, PET-scanning registers active processes in region of brain called Broca’s area (Barnaby, 1995).



Broca’s area (red circle on the diagram)

People differ in the amount that they pay attention to their internal self talk. Those who talk a lot are called “Ruminators” in cognitive psychology (Bolstad & Hamblett, 2000). Rumination in itself is not a problem. But, combined with a

permanent, pervasive explanatory style, this pattern cements depression in place.

Seligman (1997, p 82-83) points out: “The more you are inclined to ruminate, the more it arises. The more it arises, the more depressed you will be. Brooding, thinking about how bad things will be, starts the sequence. Ruminators get this chain going all the time.”

The person feels an uncomfortable feeling (F).

They then talk about how permanent that will be and tell themselves off (T).

They then check how they feel now (F).

Not surprisingly, they feel worse (F).

They then talk about that (T).

This is the strategy of failure and gloomy mood.

F uncomfortable feeling → **T** negative → **F** negative → **T** negative

Formula of failure and depression

Mental strategy is the succession of elements of experience to get certain *outcomes* or results (ex. states of pleasure vs. negative feelings). Any strategy can be recorded as a mathematical formula.

This strategy describes an active ongoing self-hypnotic process. Potentially it is a healthy process. In anticipating future challenges, we estimate the significance of the challenge, and the strength of our resources to respond to that challenge (Beck and Emery, 1985).

In the case of depression, the focus is on past experiences – failures, losses and defeats which have already happened and are thus fixed facts. The depressed person may not even have a bright future of success, let alone to have goals in. Their comments about life and their own self are thus based on a “permanent pervasive style” of explanation (“This is the way I and other things are;

everything is like this, and it always will be”). The depressed person has understandably little interest in doing anything, because they *expect* failure (“What’s the point, it only gets you to the same place I’ve always been – nowhere.”).

If we fill this strategy (i.e. succession of elements) with positive contents, words and emotions, we will get what we want.

F nice feeling → **T** positive → **F** excitement → **T** success

Mental strategy of success

Psychological rehabilitation in Dr. Fedorova clinic includes enriching patients’ conceptual intelligence and forming and trains them in strategies of success

One of the most effective aspects in patients’ psychological rehabilitation is the sessions with special computer program “EMI”. Modeled on the neurological mechanisms, this program removes sources of depression as well as clears its traces.

Contact us:

email: fevalentina@yahoo.com

Tel.: +7 (495) 943-41-66; +7 (495) 518-5866

www.clinicaf.com

<http://www.valentiamed.ru/>

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