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### Emotion-Focused Therapy

- Evidence based treatment
- Aims within an affectively attuned empathic relationship to access and transform habitual maladaptive emotional schematic memories that are seen as the source of the depression
- Adaptive emotions are accessed to transform maladaptive emotions and to organize the person for adaptive responses.

Source: Emotion-focused therapy of depression, Leslie S. Greenberg, Person-Centered & Experiential Psychotherapies Vol. 16, No. 2, 2007



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### Importance of Emotion and Thought

- "Facilitating Emotional Change: The Moment-by-Moment Process" by L. Greenberg, Rice, and Elliot (1993). Their approach, emotion-focused therapy (EFT), focuses primarily on eliciting emotion by directing the client to amplify his or her self-critical statements.



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### Importance of Emotion and Thought

- For example, if the client says "you're worthless" or sneers while criticizing, direct the client to "do this again..."; "do this some more..."; "put some words to this..." This operation will intensify the client's affective arousal and help access core criticisms.
- "It is only then that they become accessible to new input and change". Greenberg et al. believe that "Affect is thus a core constituent of the human self and establishes links between self and the environment and organizes self-experience. In a sense, feelings are ultimately the meeting place of mind, body, environment, culture, and behavior."



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Judith Beck

**Hot cognitions:**  
the core schema or previously unconscious beliefs about self, others and the world

*It is vital to be alert to both verbal and nonverbal cues from the patient, so as to be able to elicit "hot cognitions." These hot cognitions may be about the patient herself ("I'm such a failure"), the therapist ("He doesn't understand me"), or the subject under discussion ("It's not fair that I have so much to do"). Eliciting the hot cognitions are important because they often have critical importance in conceptualization.*

*Cognitive Therapy: Basics and Beyond*

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## Helping Your Clients Identify Their Critical Inner Voice

**Help Clients:**

1. Recognize the positive or negative events that trigger their critical inner voice.
2. Recognize the specific outside criticisms that support their critical inner voice.
3. Become aware of times they may be projecting their self-attacks onto other people.
4. Notice changes in their mood.



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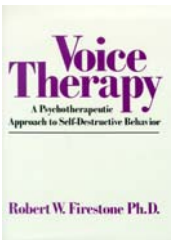
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## Voice Therapy

**Cognitive/ Affective/ Behavioral Approach**

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## The Therapeutic Process in Voice Therapy

### Step I

The person articulates his or her self-attacks in the second person and expresses any feelings that arise.



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## The Therapeutic Process in Voice Therapy

### Step II

- The person discusses reactions to saying their voices.
- The person tries to understand the relationship between these attacks and early life experiences.



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## The Therapeutic Process in Voice Therapy

### Step III

- The person answers back to the voice attacks.
- The person makes a rational statement about how he or she really is.



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### The Therapeutic Process in Voice Therapy

**Step IV**  
The person develops insight about how the voice attacks are influencing his or her present-day behaviors.



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### The Therapeutic Process in Voice Therapy

**Step V**

- The person collaborates with the therapist to plan changes in these behaviors.
- The person is encouraged to not engage in self-destructive behaviors and to increase the positive behaviors these negative thoughts discourage.

If you're interested in attending a voice therapy training please contact [jina@glendon.org](mailto:jina@glendon.org) or visit [www.glendon.org](http://www.glendon.org).



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Self

Anti-Self



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# Self-criticism and Emotion

Working on self-criticism decreased shame, fear, distress and increased assertive anger

Source: Antonio Pascual-Leone. (2016) The role of maladaptive anger in self-criticism: A quasi-experimental study on emotional processes. *Counseling Psychology Quarterly* 22-3



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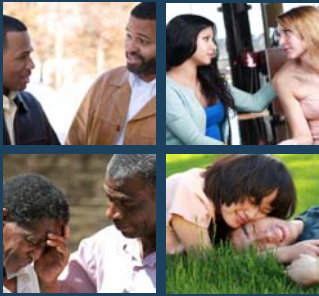
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**C**urious

**O**pen

**A**ccepting

**L**oving



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# Embrace self-compassion



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## Self-Compassion vs Self-Esteem

Research from Dr. Kristin Neff:

### Self-Esteem

- Self-esteem refers to our sense of self-worth, perceived value or how much we like ourselves.
- Low self-esteem is problematic, however trying to have higher self-esteem can also be problematic.
- The need for high self-esteem may encourage us to ignore, distort or hide personal shortcomings so that we can't see ourselves accurately.
- Our self-esteem is often contingent on our latest success or failure, meaning that our self-esteem fluctuates.

SOURCE: <http://www.self-compassion.org/>




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## Self-Compassion vs Self-Esteem

Research from Dr. Kristin Neff:

### Self-Compassion

*Unlike self-esteem, self-compassion is not based on self-evaluation. It is not a way of judging ourselves positively; it is a way of relating to ourselves kindly.*

#### Three Elements of Self-Compassion

1. **Self-kindness:** Treating ourselves with kindness, as you would treat a friend, versus harsh self-judgment
2. **Common humanity:** How am I the same as others? Recognizing that suffering and personal inadequacy is part of the shared human experience
3. **Mindfulness:** Being with what is in the present moment Taking a balanced approach to our negative emotions so that feelings are neither suppressed nor exaggerated

SOURCE: <http://www.self-compassion.org/>




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Studies show that self-compassion has a significant positive association with:

- Happiness
- Optimism
- Positive affect
- Wisdom
- Personal initiative
- Curiosity and exploration
- Agreeableness
- Extroversion
- Conscientiousness

SOURCE: <http://www.self-compassion.org/>




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### Loving-Kindness Meditation

- Self-criticism predicted poor response to psychological and pharmacological treatments.
- Increased self-compassion reduced depressive symptoms and increased positive emotions

Source: Ben Shahar, Chad Szepeswari, Sigal Zilcha-Mano, (2014) A Wait-List Randomized Controlled Trial of Loving-Kindness Meditation Programme for Self-Criticism. Clinical Psychology and Psychotherapy



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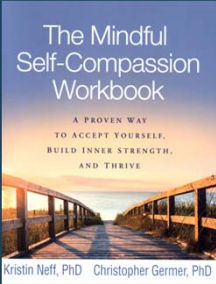
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### Self-Compassion Exercises



The Mindful Self-Compassion Workbook

A PROVEN WAY TO ACCEPT YOURSELF, BUILD INNER STRENGTH, AND THRIVE

Kristin Neff, PhD Christopher Germer, PhD



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Our Exercises

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### Exercise: Who is the Real You?

Write down:

- Times when you notice you feel the **conquer your critical inner voice** yourself.
- Times when you notice yourself following the footsteps of others (i.e. of parents or influential figures).
- What are the things that light you up?
- What are the things you do to please or conform to the standards of others?
- Are there areas of your life in which you act either childish or parental?
- At what times do you lose your own point of view?

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### Think of Your Inner Critic as an External Enemy

- Change "I" statements to "you" statements.
- This will help separate your inner critic from your real point of view.
- Do your self-critical thoughts remind you of a point of view of someone in your past?

Example:

"I don't feel like I'm an attractive person." → "You're not attractive."

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### Exercise 1.2: Your Critical Inner Voice Attacks

Self-critical attacks  
as "I" statements

**Example:**

*I'm not attractive.  
I'm such a loser.  
I can't get anything right.*

Self-critical attacks  
as "you" statements

**Example:**

*You're not attractive.  
You're such a loser.  
You can't get anything right.*

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## Exercise 1.3: Keeping a Journal:

### Your Critical Inner Voice/The Real You

Self-critical attacks  
as “you” statements

**Example:**  
*You’re so stupid.*

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The real me as “I”  
statements

**Example:**  
*Sometimes I struggle with work, but I catch on quickly and then usually do a good job.*

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[illegible]



## Exercise 1.4:

### A Plan for Action

Actions dictated by my critical inner voice

**Examples:**

*Have another piece of cake.*

*You should just be on your own.*

*You can't trust anyone, so don't get too close.*

Actions to take that reflect the real me

**Examples:**

*I want to feel healthy and take care of myself.*

*I don't want to be isolated and will seek out friends.*

*I want to stay vulnerable in my close relationships.*

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[illegible]

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conquer your  
critical  
inner  
voice

### Exercise 7.2

#### Depression: Your Critical Inner Voices and Your Feelings

My critical inner voices contributing to depression	How these voices left me feeling

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conquer your  
critical  
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### Exercise 7.3

#### You and the Continuum of Self-Destructive Thoughts

My critical inner voices	Behaviors I engage in
<b>Level 1:</b> Thoughts that lead to low self-esteem and self-defeating behaviors	<b>Level 1:</b>
<b>Level 2:</b> Thoughts that support the cycle of addiction	<b>Level 2:</b>
<b>Level 3:</b> Thoughts that lead to Seriously self-destructive behavior	<b>Level 3:</b>

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conquer your  
critical  
inner  
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### Exercise 7.4

#### The Firestone Voice Scale for Self-Denying and Giving-Up Thoughts

Circle the frequency with which you experience the following critical inner voices.  
0 = Never   1 = Rarely   2 = Once in a While   3 = Frequently   4 = Most of the Time

0 1 2 3 4	You'll save money if you don't take this trip.
0 1 2 3 4	It's too much trouble to go out to dinner. Just stay home.
0 1 2 3 4	You don't deserve happiness. You're such a cheater!
0 1 2 3 4	What's so exciting about playing baseball, football, dancing (any activity)? You should just relax and settle down.
0 1 2 3 4	Look at all the work you have to do. You can't afford to take time off.
0 1 2 3 4	You've always had problems with sex. You should just give it up.
0 1 2 3 4	Why bother trying to get a date? If you don't date, you'll have more time to study.
0 1 2 3 4	Just look at how your friends are acting. They're so immature. They think they're having fun, but they're really just making fools of themselves. Don't be like them!
0 1 2 3 4	You shouldn't be out having fun with all the misery in the world.
0 1 2 3 4	You're too old to have romance in your life.
0 1 2 3 4	What's all this passion in your relationship? You should just settle down.
0 1 2 3 4	Nothing matters anymore.
0 1 2 3 4	Why bother even trying?
0 1 2 3 4	Nothing is any fun anymore.
0 1 2 3 4	Why bother making friends?
0 1 2 3 4	What's the use? What's the point of anything really?
0 1 2 3 4	Your work doesn't matter anymore. Why bother even trying? Nothing matters anyway.

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### Exercise 7.5

How Your Critical Inner Voice Rationalizes  
Self-Denial and Giving-Up / What You Realistically Think

What my critical inner voice says	What I realistically think
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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### Exercise 7.6

The Firestone Voice Scale for Isolation

Circle the frequency with which you experience the following critical inner voices:  
0 = Never 1 = Rarely 2 = Once in a While 3 = Frequently 4 = Most of the Time

0 1 2 3 4	Wouldn't it be great to go off by yourself and be able to read or watch TV with no one interrupting?
0 1 2 3 4	It's been so tense at work. You need to go off by yourself.
0 1 2 3 4	Why go out with your friends tonight? You could just stay at home and relax.
0 1 2 3 4	You need to get away so you can think about things.
0 1 2 3 4	It's so irritating to have to be around people all day.
0 1 2 3 4	The only way you can relax is to be by yourself.
0 1 2 3 4	You need more space. More time for yourself.
0 1 2 3 4	These aren't your kind of people. Why don't you go off by yourself?
0 1 2 3 4	It's such a hassle to go to that party. You have to get dressed up and put up a front. Why don't you just stay home?
0 1 2 3 4	You're no fun to be around. You should just stay by yourself.

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### Exercise 7.7

How Your Critical Inner Voice Influences Isolation/  
What You Realistically Think

What my critical inner voice says	What I realistically think
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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**Exercise 7.8**  
The Firestone Voice Scale for Depression

Circle the frequency with which you experience the following critical inner voices:  
0 = Never 1 = Rarely 2 = Once in a While 3 = Frequently 4 = Most of the Time

0 1 2 3 4	You just don't belong anywhere.
0 1 2 3 4	You're a horrible person! You don't deserve anything.
0 1 2 3 4	Just look at yourself in the mirror! You're so ugly. No one can stand you!
0 1 2 3 4	The world is a real mess. Why should you care about anything?
0 1 2 3 4	Your friends really hate you.
0 1 2 3 4	Your life is so boring and empty.
0 1 2 3 4	Don't ever get too happy because the sea is bound to fall.
0 1 2 3 4	You should just smash your head, you creep! You deserve everything that happens to you.
0 1 2 3 4	Nobody really likes you. You're an unlovable person.
0 1 2 3 4	You deserve all the bad things that are happening to you.
0 1 2 3 4	Don't you see what effect you have on your family? Can't you see how you make them feel?
0 1 2 3 4	You're always stirring up trouble, bothering people. Why can't you just stay away?
0 1 2 3 4	You don't care for anybody. You've never cared for anybody in your whole life!
0 1 2 3 4	Don't show anybody how bad you feel.
0 1 2 3 4	Who do you think you are anyway? You're nothing!
0 1 2 3 4	Who could love you? You have nothing to offer.
0 1 2 3 4	You don't deserve anything.
0 1 2 3 4	Your family would be better off without you. Just stay away; it's the only decent thing to do.

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**Exercise 7.9**  
Critical Inner Voices of Depression  
Your Critical Inner Voice/ The Real You

What my critical inner voice says	What I realistically think
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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**Exercise 7.10**  
Plan of Pleasurable Activities

Describe the activities I plan to engage in	A weekly report of my critical inner voices about my plan
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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# TOOLKIT

- Name It to Tame It
- Wheel of Awareness
- RAIN Approach
- Balancing the Mind




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## The RAIN Approach

- **R**ecognize
- **A**ccept/Acknowledge/Allow
- **I**nvestigate
- **N**on-Identification




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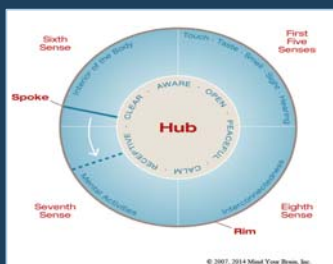
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## Wheel of Awareness




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## Anger

- Going inward and turning anger on oneself contributes to the severity of depression.
- Studies suggest that anger suppression, but not anger expression, is associated with mood, i.e. depression and anxiety.
- You can recognize and accept your anger in a healthy way that releases the emotion without allowing it to fester or be turned into an attack on yourself.

Sources: Rudy Abi-Habib, Patrick Luyten, The role of Dependency and Self-Criticism in the relationship between anger and depression, In Personality and Individual Differences, Volume 35, Issue 6, 2015, Pages 921-925, ISSN 0191-8867  
[http://media.elsevier.com/1/S0191886715000200.pdf](http://media.elsevier.com/1/S0191886715000200)

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## Mindfulness

- Mindfulness practices don't change our feelings or thoughts, but they do change our relationship to our feelings and thoughts.
- Mindfulness skills can benefit people struggling with depression by helping them to be better able to regulate and tolerate emotion.

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## Mindfulness-Based Therapy for Depression

- Mindfulness-Based Cognitive Therapy is an effective and efficient way to prevent relapse/ recurrence in recovered depressed patients with 3 or more previous episodes
- Findings support the use of MBT for anxiety and depression in clinical populations.

Sources: Ma, S. H., & Teasdale, J. D. (2004). Mindfulness-Based Cognitive Therapy for Depression: Replication and Exploration of Differential Relapse Prevention Effects. *Journal of Consulting and Clinical Psychology*, 72(3), 31-40.  
Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The Effect of Mindfulness-Based Therapy on Anxiety and Depression: A Meta-Analytic Review. *Journal of Consulting and Clinical Psychology*, 78(2), 169-183.  
<http://doi.org/10.1037/a0018555>




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## Activity

2017 study concluded there should be a greater emphasis on physical activity in depression treatment guidelines

Source: Hallgren, M. et al. Treatment guidelines for depression: Greater emphasis on physical activity is needed. *European Psychiatry*, Volume 40, 1-5



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## Exercise and Depression

Penny McCullagh, Ph.D.

- Beneficial antidepressant both immediately and long term
- Although exercise significantly decreased depression across all ages, the older people were, the greater the decrease.
- Most powerful antidepressant effect occurred with the combination of exercise and psychotherapy.

Source: APA - <http://www.apa.org/research/action/fit.aspx>



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## Diet & Nutrition

- Mediterranean-style dietary intervention supplemented with fish oil can improve mental health in people with depression.
- Robust association between both higher adherence to a Mediterranean diet and lower adherence to a pro-inflammatory diet and a lower risk of depression.
- Dietary interventions significantly reduced depressive symptoms, hold promise as a novel intervention for reducing symptoms of depression across the population.

Sources: <https://www.tandfonline.com/doi/full/10.1080/1028415X.2017.1411320?i=86>  
<https://www.nature.com/articles/nrn3985-018-02307-8>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4555094/>

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## Connectedness

- Protective factor against anxiety and depression
- Limited face-to-face social contact nearly doubles risk of having depression in older adults. Those who met in person regularly with family and friends were less likely to report symptoms of depression.
- Building a strong connection to a social group helps clinically depressed patients recover and helps prevent relapse.

Sources: <https://www.sciencedaily.com/releases/2014/05/140509145958.htm>  
<https://www.ncbi.nlm.nih.gov/pubmed/25453756>

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## Sleep Problems

- Sleep strongly influences both the development and trajectory of depression
- Impacts episode frequency, severity, and duration
- Depressed patients who continue to experience insomnia are less likely to respond to treatment.
- Sleep-related symptoms may be important and modifiable risk factors to prevent depression and/or achieve and maintain depression remission
- Evidence suggests that interventions for insomnia, which include both behavioral and psychological treatments and pharmacotherapy, may be helpful in depression.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5308240/>  
[https://www.health.harvard.edu/newsletter\\_article/sleep-and-mental-health](https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health)

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## Tips from the National Sleep Foundation

- Keep a regular sleep/wake schedule
- Get into bright light soon after waking in the morning
- Get some form of exercise every day
- Avoid afternoon naps if you have nighttime insomnia
- Limit caffeine and alcohol
- Ask loved ones for help - you should not face depression alone

Source: <https://www.sleepfoundation.org/articles/depression-and-sleep>



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## Activities

The importance of engaging in activities you once enjoyed  
...even when you don't feel like it



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## Laughter

- Able to improve mood directly and to moderate negative consequences of stressful events on psychological well-being
- Possible that the stimulation of particular cerebral regions, involved in depression pathogenesis, and the normalisation of the hypothalamic pituitary adrenocortical system dysfunctions, both mediated by laughter, can counteract efficiently depressive symptoms
- Favorable effects of laughter on social relationships and physical health may have a role in influencing the ability of depressed patients to face the disease.

Source: <https://www.ncbi.nlm.nih.gov/pubmed/20580256>



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## Watch a funny show or movie

...but avoid too much screen time

- 2017 study found significant association between TV watching/computer uses with moderate or severe level of depression after controlling all potential confounders.
- Binge-watching may affect mental health - related to fatigability, poor quality of sleep, insomnia, and some mood disturbance - possible association with depression, loneliness, and deficient self-regulation.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5574884/> and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6458452/> (1) and (2)



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## Rumination

- A 2015 study of more than 30,000 people showed that harping on negative life events (particularly through rumination and self-blame) can be the prime predictor of some of today's most common mental health problems like anxiety and depression.
- Self-blame, rumination, catastrophizing and reduced positive reappraisal were among the most valuable predictors of negative emotions, including anger and depression.
- Limit the time you allow yourself to think about negative thoughts or worries.

Source: Rudy A. Hobbs, Patrick L. Hughes, The role of Dependency and Self-Criticism in the relationship between anger and depression, in Personality and Individual Differences, Volume 81, Issue 8, 2018, Pages 921-928, ISSN 0191-8869



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## Social Media

Studies from 2018:

- Found social media use increases depression and loneliness
- People who limited their social media use felt significantly better, reporting reduced depression and loneliness



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## Medication and Newer Treatment Options

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## Newer Medical Treatments

### Ketamine

- Statistically significant improvement over placebo or midazolam in major depressive disorder
- Statistically significant improvement over placebo in bipolar depression
- Shown promise in quickly reducing symptoms in patients with treatment resistant depression and bipolar depression
- May be helpful for patients that have exhausted other therapeutic options

### Repetitive Transcranial Magnetic Stimulation (rTMS)

- Meta-analyses have shown that high-frequency (HF) rTMS has antidepressant properties when compared with sham rTMS.
- HF-rTMS seems to be associated with clinically relevant antidepressant effects and with a benign tolerability

### Psilocybin??

Reference: Smith E, Connors C, Davis A, Woods A. Ketamine and Esketamine (S-10) for the treatment of major depressive disorder and bipolar depression. *Journal of the American Medical Association*. 2018;319(15):1555-1562. doi:10.1001/jama.2018.11111. Published 2018 Oct 22. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/30381111/>

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## Old Treatments that are Still Important:

- Lithium
- ECT

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- Challenge your inner critic.
- Embrace self-compassion.
- Identify anger.
- Practice mindfulness.
- Be active.
- Consider diet.
- Increase connectedness.
- Address sleep problems.
- Do things you've enjoyed.
- Watch a funny show/movie.
- Avoid rumination.
- Take a social media break.
- Take medication, if indicated.
- Consider treatments new and old.



TIPS to Fight Depression

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### The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter

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## Continuing Education Information

CE's for this Webinar are optional and sold separately through R. Cassidy Seminars. A link to purchase 3 CE's will be e-mailed to registrants following the live Webinar. For those purchasing or watching this Webinar as an archived recording, a link to purchase home study CE's was provided with your purchase confirmation.



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# Thanks!

Any questions?



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