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Employee Assistance-Psychotherapy
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January 2007 Depression

The Depressed Child

About 5% of children and adolescents suffer from depression. Children under stress, who experience loss, who have learning problems, or are overly anxious are at a higher risk for depression.

Signs for concern: rather than time with friends, spends time alone; things are no longer fun; talks about wanting to be dead; causes problems at home or school; persistently unhappy, irritable or sad; extreme sensitivity to rejection; frequent headaches or stomachaches; eating or sleeping problems; talk or efforts to run away from home; using alcohol or drugs.

Comprehensive treatment often includes both individual and family therapy. Treatment may also include the use of antidepressant medication. Psychiatric medication should not be used alone. It should be part of a comprehensive treatment plan [includes counseling, etc.].

--American Academy of Child and Adolescent Psychiatry www.aacap.org

Men and Depression

“Depression is a disease where people don’t feel good about themselves... men also feel ashamed...”

I Don’t Want to Talk About It: Overcoming the Legacy of Male Depression, Terrence Real

Therapist/author Terrence Real asserts that just as many men as women have depression-but men’s symptoms are different: men hide their depression through anger, domestic violence, and alcohol-drug abuse, whereas women’s more frequent symptoms are sadness, social withdrawal, guilt.

Psychiatrist Fred Palms asserts that men fear the social stigma of depression: “weakness is not high on the list of male values. Men are told to ‘suck it up’...they bottle up their feelings...” (interview with journalist Sabin Russell)

Counseling and Lifestyle Changes Help

Research on the treatment of depression shows that in 50-80% of depression cases, depression can be relieved through psychotherapy [change self-defeating-depressing thought and behavior patterns] and lifestyle changes [stress management, exercise, nutrition, journaling, meditation, communication/relationship skills] .

“Children and Antidepressant Medications”: Psychology Professor

David Antonuccio Ph.D. will address this topic on CH 8 “New Skills for Living”, January 2007. For show time, please consult www.KOLOTV.com , search “Program Guide”.