

Depression

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Main Causes

- A real or imagined threat to self esteem
- Thinking processes
- Physical resource depletion
- Habitually using a limited emotional range

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Threat to self esteem

- Loss:
 - Physical losses: marriage, children, job
 - Psychological loss: hopes, dreams, plans.
- Social isolation, rejection, or deception
- Employment threats

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Thinking processes

- Chunking negative events large
- Chunking positive events small
- Collecting positive v. negative feelings
- Negative attributions and over-generalizing
- Presupposition and fantasy rehearsal

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The chunking example



- Placing flag in the mountain our hero gets a pebble in his eye!
- Chunking “+” Big: _____.
- Chunking “+” Small: _____.
- Chunking “-” Big: _____.
- Chunking “-” Small: _____.

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Develop chunking habits with clients

- Chunk immediate positive experience ‘large’
- Chunk immediate negative experience ‘small’
- Effect of chunking everything ‘small’
- Re-group and re-chunk and organize later (after the closing frame is certain)

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Depression and presupposition

- “No single gene appears to be responsible for any mental disorder” (US Surgeon General, David Satcher, Dec. 13, 1999)
- “**Negative expectation**” is considered to be the cornerstone of depression (A. Beck)
- **Stable attribution style** (large negative chunk size) is the foundation of depression (M. Seligman)

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Negative expectation

- Reduces cellular receptor sites
- Suppresses the body chemistry
- Lowers interpersonal exchanges
- Reduces the brain-storming options
- Increases the defeatist rationalizations
- Reduces risk taking and action
- Creates tragic *self-fulfilling* prophesy

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Habitually using a limited emotional range

- Hypothermic activity creates ‘customary’ peptides
- Cells reduce receptor sites to only wait for the ‘customary’ peptide
- Emotional intelligence is reduced
- Immune system resources are depleted

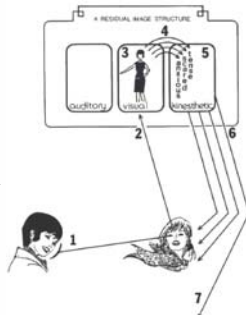
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Self-image thinking

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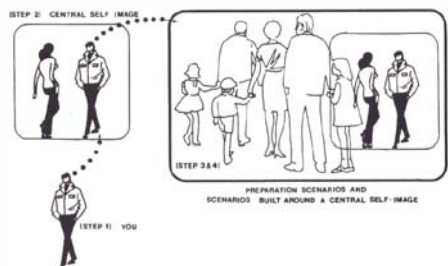
Residual self-image

- 1) Notice external stimuli
- 2) Internal search occurs
- 3) Locate a meaningful image
- 4) Crossover to associated feelings
- 5) Bodily discomfort, excitement, anxiety, tensions, etc. become noticed
- 6) Muscle tonus changes
- 7) Daughter's behavior is changed
 - a) Daughter pulls back and avoids
 - b) Tension in muscles modulates her approach to the here and now face.



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Overall steps of SIT



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