

Self-Healing Newsletter

For People Who Enjoy Helping Themselves

May 2006

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### **IN THIS ISSUE**

**DEPRESSION IN OUR CULTURE:  
HEALING FROM DEPRESSION  
SELF-HELP FOR DEPRESSION**

### **Hi Everybody!**

After reading my April newsletter on using Emotional Transformation Therapy (ETT) to treat Post-Traumatic Stress Disorder (PTSD), several people called to find out if ETT could truly neutralize PTSD in a few sessions. I was happy to assure them that clients whose traumas are limited to one or two incidents become symptom free in only two to five sessions, while clients who have more complex traumas usually experience significant relief in six to ten sessions. This means that if a person has experienced a single traumatic incident and is having anxiety and flashbacks afterwards, it can almost always be treated very quickly.

To give you a personal example, I was with my father at the time of his difficult death several years ago. A week after he died, I suddenly began to experience flashbacks of his final moments. These flashbacks were like being forced to watch a movie I didn't want to see. After I had three flashbacks in one afternoon, I realized that I was suffering from PTSD. I decided to use the light machine to help myself, and in twenty minutes my PTSD was gone. I'm living proof that single incident PTSD can be treated in one session.

### **Depression and PTSD**

Unfortunately, when people do not seek help for their PTSD, they become vulnerable to depression. Many of my clients who exhibit signs of depression (apathy, low energy, difficulty sleeping, overeating or loss of appetite, sleep problems) are also suffering from delayed onset PTSD. Often my clients are unaware that previous traumas and losses are still impacting their daily lives and contributing to their depression. During therapy, they begin to realize that memories and flashbacks to these traumatic losses affect their thoughts, attitudes, and behavior. This was the case for my client, Mary, who came to see me after the death of her mother.

### **Mary's Healing Story**

Mary's doctor referred her to me after he observed several of his patients overcome depression through Emotional Transformation Therapy. During Emotional Transformation Therapy, clients verbally explore emotional conflicts while looking at a low-speed, flashing colored light produced by a portable machine. While looking at the colored light, people enter a relaxing, slow brain

wave state during which I assist them to neutralize and release emotional blocks and upsetting memories.

Mary's mother had recently died from lung cancer. Although Mary expected to grieve for her mother, she did not anticipate becoming so depressed that she would be unable to go to work. Given the intensity of her depression, I began to ask her about other losses or traumas that she had experienced. Mary revealed that her sister had died from breast cancer five years earlier, and that she had helped care for her both her sister and mother. She had witnessed a great deal of suffering and admitted that she was having nightmares and flashbacks to several "scenes" from both her sister's and mother's death.

### **Rapid Relief of Depression**

Although both Mary and I expected her most troubling emotion to be sadness, once she was viewing the colored light, she became acutely aware of her underlying sense of helplessness. At this point, I had her focus on the specific situation that triggered her most intense feelings of helplessness, and we used special eye movement techniques to neutralize the intensity of her feelings. In subsequent sessions, we did a similar process to alleviate her feelings of anger and sadness over the deaths. After six sessions, Mary returned to work. By the twelfth session, she was free of depression. This is an example of how quickly depression can be treated with ETT when the source of the problem is easily recognized.

When the causes of someone's depression are less obvious, more exploratory sessions are needed to discover and neutralize the root of the problem. In eighty percent of cases, I am able to use Emotional Transformation Therapy to alleviate even chronic depression, regardless of the cause.

### **Self-Help for Depression**

While many people turn to anti-depressant medication in an attempt to alleviate depression, an alternative source of physiological support has helped many people. While it may not be a complete solution, recent research has shown that bright, full spectrum light often helps with many of the symptoms of major depression. For more information, visit [www.lightforhealth.com](http://www.lightforhealth.com). If you mention my name, you will receive a 10% discount on their products (Please note that I do not receive any financial benefit from this offer).

### **Take Care of Yourself!**

With Emotional Transformation Therapy, difficult emotional concerns that used to require lengthy therapy now can be resolved in a relatively short period of time. There is no need to suffer if you are experiencing emotional upset. If you or someone you care about is struggling with depression or other difficulties, please call me at (630) 960-2887 or email me at [dlippmann@att.net](mailto:dlippmann@att.net) to schedule an appointment. To learn more about Emotional Transformation Therapy, please visit my web site at [www.wellness-innovations.com](http://www.wellness-innovations.com) where you can download a free booklet on this innovative technique. There you will also find published articles on using ETT to treat PTSD and depression.

The newsletter topic for this month, written by my colleague, Tony, is entitled ***Depression in Our Culture***. It describes how our cultural conditioning can contribute to some aspects of chronic mild depression.

## **DEPRESSION IN OUR CULTURE**

### **CHRONIC MILD DEPRESSION**

Some counseling professionals refer to ongoing, mild depression as “Dysthymic Disorder.” People who do not know the jargon tend to say much clearer things like:

“I just feel ‘blah’ all the time.”

“I’m sick and tired of how my life is going.”

“I’m tired and everyone says I’m grouchy.”

“I don’t have much motivation lately.”

“I’m not interested in anything anymore.”

### WAY BACK WHEN

Before the late 60’s and early 70’s, people who were mildly depressed were almost ignored. Because we didn’t know what to do about it, sufferers were essentially told to “stop complaining and live with it.”

But in the late 70’s, we began to think that the more some people expressed their anger, the less depressed they became!

This led to many treatment strategies which emphasized that **anger is good and natural** and that **expressing it is vital** to our emotional health.

But some people stayed depressed no matter how much anger they expressed. WHY?

### OVERLAPPING ANGER AND EARLY CONDITIONING

The cause for some chronic, mild depression is “overlapping anger.”

People stay depressed because they face so many anger-inducing situations in their daily lives that they can’t get over the last thing that made them angry before the next thing comes along!

### SOME EXAMPLES FROM HISTORY

We can easily see how these groups of people would have been chronically depressed:

- Those who worked in sweatshops early in the century.
- The starving, poor during the Depression.
- African-Americans in many situations throughout the century.
- War widows in the 40’s.
- House-bound housewives in the 50’s
- Frightened citizens of all ages during the 60’s and 70’s.

### BUT WHY SO MUCH CHRONIC DEPRESSION NOW?

We don’t work in sweatshops. We aren’t living during economic depression.

Unless we live in a terribly violent neighborhood, we usually don’t have to fear losing loved ones through violence.

Even bigotry – against women, blacks, and in all its forms – is much less severe than in the past.

### AN EXPLANATION FOR TODAY’S CHRONIC DEPRESSION

One reason depression is so prevalent in our relatively affluent society is that **we are like kids in a candy store!**

We are able to find work, but we worry about our income too much and work way too hard!

We are able to afford luxuries, but we can’t decide how much is enough!

**We get depressed because we simply over-value work and play and under-value REST.**

### SOME EXAMPLES FROM TODAY

Some things I've actually heard from the chronically depressed people I've met lately:  
"Sometimes I ONLY work a little over 50 hours a week."  
"I CAN'T be happy until I've made my first million."  
"My wife and I ONLY have the two cars, but AT LEAST they are this year's model."  
"My career is ALL I'VE GOT."

**Most Frequently Heard and Most Telling of All:**

**"We don't have time for each other anymore."  
"We're just too tired."**

**CULTURAL CONDITIONING: THEN AND NOW**

Those people who had plenty of good reasons to be depressed in years past were our parents and grandparents!

For them, depression WAS normal! (a natural response to a life of overlapping anger). We learned much from them about keeping our anger and sadness inside, acting "nice," ignoring our needs and wants, and both expecting and tolerating a life of chronic depression.

People who are chronically depressed now are our coworkers, bosses, friends, and maybe even our spouses.

They, too, keep showing us by their example that we must keep our anger and sadness inside, act "nice," etc.

By their example, they make depression SEEM necessary and normal at a time when it is not.

**SO, WHAT CAN WE DO ABOUT IT?**

Make your decision about what you want based on how you FEEL, not on what the culture says. REJECT the direct or implied advice of depressed people from your past and in your present. Know that you need your TIME and your ENERGY much more than you need more money for your toys.

REST when you need to rest (about one-third of your awake hours!).

Learn to feel SATISFIED when you have ENOUGH work, play, or rest.

Know that "more" is not always better... BALANCE is better!

**THE BOTTOM LINE**

You don't have to escape sweatshops, wars, poverty, or even extremely high levels of bigotry anymore.

You need to escape your past and present conditioning and think for yourself.

Your enemy is not the sweatshop owner or the economy.

**Your enemy may be the culture of "More! More! More!"**

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If you or someone you know is experiencing depression or traumatic loss, remember that it's never too late to get help with losses or traumas you have experienced. Please give me a call if you'd like to experience significant relief through Emotional Transformation Therapy. You deserve to enjoy peace of mind and healing.

Warm regards,

**Dan Lippmann, LCSW, BCD, Director**

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P.S. I want to thank all of you who have recently referred friends and family to me. If your friends would like more information on my services, have them visit my website at [www.wellness-innovations.com](http://www.wellness-innovations.com). Please forward this newsletter to your friends and associates who may be experiencing depression or traumatic loss.

*Dan Lippmann has more than 25 years of individual and marital counseling experience. In addition to being licensed, he is a Board Certified Diplomate in Clinical Social Work. After facilitating his own recovery from a chronic pain condition in 1987, Mr. Lippmann began collaborating with experts in the field of mind-body health to develop innovative stress reduction and wellness techniques. He has been cited as a "Master Practitioner" in the book, Light Years Ahead, and in July 1999 his work on stress reduction was featured in the Chicago Tribune. He has also been interviewed about his work on radio and television. To receive this free monthly email newsletter, visit [www.wellness-innovations.com](http://www.wellness-innovations.com).*