

Integrative Treatment of Depression

Suicide Prevention: Beware impulsivity Crisis Line

Efficacy & Limitations of Current Mainstream Treatment Approach

Bias in Publication

80% of the response to medication was duplicated in placebo control groups.

The mean difference between drug and placebo on the Hamilton Depression Scale was less than 2 points (on a 64-point scale).

Placebo response rates vary widely, may be as high as 65 percent, even in groups with major depression

What is Depression? (Connie's more existential take on it)

A final common pathway for expression of dis-ease in the Mind/Body/Spirit

A survival mechanism for animals when sick, or in the winter?

A cry of distress or a call to action when some circumstance needs to be altered

Q: What Causes Depression?

A: Multifactorial: Treatment should be focused on the level(s) most out of balance

Body: Biological Factors

Mind: General level of challenge and stimulation

Patterns of thought: negative, pessimistic, self-defeating, external focus of control, learned helplessness

Spirit: Loss of Connection and Purpose

Absence of centering, praying or meditating regularly

Environment: Toxic or nurturing

Is workplace or school healthy, supportive, nurturing

Toxins, allergens, pollutants

Lack of connection with earth, plants, beauty

Overcrowding

Lack of Sunlight

Social support: Loneliness, disconnection

Life Events

Sudden Stressful Events

Longterm Intolerable Conditions

Early Environmental Stress Predisposes

A Corollary to the Tacks Rules: If you are sitting on a tack and you use morphine to make it feel good, this may prevent you from removing the tack (See Peter Kramer in Listening to Prozac)

Body Causes

Genetic - 10% concordance in siblings

Nutrition -

Lack of Exercise

Inflammation - Cytokine Hypothesis

IFN - iatrogenic

Food Allergy – elevates circulating cytokines

Chronic Infection

Autoimmune disease

Psychological Stress - Increases Immune Mediators

Body causes, continued

Hormonal

Thyroid – T3!

Sex hormones – testosterone as well as estrogen changes

Adrenal

Substances – Toxins, medications

Other Illnesses

Treatment Options

Remove Tacks - This can be huge – depression can be a catalyst for major life change

Toxic Relationships, Unresponsive Career Path, Toxic Environment, Etc.

Caveat: Judgment can be clouded while depressed, people or other factors may be scapegoated – don't act impulsively!

Smaller tacks warrant removal as well

Nutritional tacks: caffeine, sugar, aspartame, MSG, allergens

Exercise: Aerobic, Resistance, Yoga

Light – 10,000 Lux, 30 minutes in am

Psychotherapy

Bibliotherapy

Talk therapy – Cognitive Behavioral Therapy, Positive Psychology, Mindfulness-based tx

Diet – omega 3, ↓processed foods, ↑nutrient-dense foods

Supplements: Vitamin D, B-complex, Zinc, 5HTP, NAC, Turmeric

Drugs

Magnets, Electricity, etc. – CES, consider Acupuncture referral

Start Somewhere - patient

Make a list of personal “tacks”: Look at which may be modifiable, or rank them

Find allies

Personal

Professional

Peer support – sometimes this provides a volunteering opportunity for altruism benefit

Pick one positive intervention

Exercise

Gratitude Journal

Supplement plan

Start Somewhere – provider Hold the hope!

Facilitate:

Making a list of individualized “tacks” – use MI to see what they can modify

Finding allies – Frame yourself as one (not an MDeity)

Pick a positive intervention

Assess and address underlying illness

Go for the gut – source of inflammation

Consider thyroid (not the fix, but can be a bridge)

Offer tools

Don't forget the basics: the Mood-balancing Lifestyle:

Diet- not SAD

Exercise: BDNF

Sleep – social rhythm therapy

Relax

Positive Thoughts – including seek out positive people, news fast, etc.

Green (avoid toxins)

Basic supplements:

B-complex

Fish oil

Vitamin D

Consider Cal/Mg/Zinc

Getting fancy:

Aromatherapy – lavender, hiba, orange

Turmeric

SAMe (400 bid or more, with bromelain to help absorption)

Rhodiola 300 mg per day (or other adaptogens, just less research)

St. John's Wort: 300 – 900 mg per day, careful for drug interactions

5HTP – 50 – 250 mg per day

DLPA 200 mg per day

If high glutamate phenotype –

“Depressed and stressed”

B6 50 – 100 mg per day, taurine 1000-3000 mg per day

NAC 1 gram twice daily

Tools

Handout with all your recommendations – “pseudodementia” in depressed patients

Identify support groups: 211info.org, NAMI

Self help options to reinforce counseling:

Books:

Feeling Good, David Burns

Forgive for Good, Fred Luskin

Full Catastrophe Living, Jon Kabat Zinn

Seligman

Websites

<http://www.authentic happiness.sas.upenn.edu/Default.aspx>

www.Moodgym.org

CBT handouts, positive psychology handouts (gratitude journal is my favorite)

Reminder of their own tools: Music, other previous activities that have lifted mood in past

Antidepressant augmentation:

Folic acid

T3

SAMe

Antidepressant-related sexual dysfunction: Cyproheptadine 4-8mg. p.r.n. 1-2 hours before sexual activity