

○ ○ ○ | **Non-Pharmaceutical Interventions:**

Anxiety  
And  
Mood Disorders

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○ ○ ○ | **Non-Pharmaceutical Interventions: Psychotherapies**

- Cognitive - Behavioral
- EMDR
- Psycho-dynamic
- Behavioral
- Family
- Group
- Narrative
- Sensorimotor
- Psycho-analytic
- Hypnotherapy
- Gestalt

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○ ○ ○ | **Alternative Treatments:**

- Yoga
- Acupuncture
- Acupressure
- Naturopathic Interventions
- Craniosacral therapy
- Biofeedback
- Meditation

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○ ○ ○ | Prevalence of Trauma in People diagnosed with Depression/Anxiety disorders:

- Assessing for Trauma:
  - More accurate dx.
  - Assists in understanding when psycho-tropics are less effective.
  - Better referral options.
  - Normalizing patients symptoms.

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○ ○ ○ | Resource:

- David Baldwin's Trauma Information Pages:
  - [www.trauma-pages.com](http://www.trauma-pages.com)

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○ ○ ○ | The Modulation Model: Optimum Arousal Zone

Normal Arousal Pattern

©Ogden and Minton, 2000

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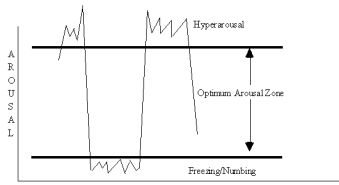
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### The Modulation Model: Bi-phasic Response to Trauma

- o Hyper-arousal: Generalized Anxiety Symptoms, Panic DX, Acute Stress, PTSD
- o Hypo-arousal: Depressive Symptoms, some dissociated states



Ogden and Minton, 2000

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### Narrative Therapy:

- o Separating the problem from the patient:
  - “When are you most able to *stand up* to anxiety?”
  - “When are you *most vulnerable* to depression?” “When are you *least vulnerable* to depression?”
  - “When did anxiety first come into your life?”

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### Simple tools for initial intervention: Anxiety

- o Breath Techniques:
- o Progressive Relaxation.
- o Creating Safe/Calm Space.
- o Anxiety/Panic as a “Signal”.

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### Breath Techniques:

- o Take a deep breath in to a count of 4. Hold to a count of 4. Exhale to a count of 6.
- o Add a phrase that's comforting to hear: "I'm okay" "I will get through this."

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### Progressive Relaxation:

- o Have Patient Tense areas of body hold 5-10 seconds and release using an exhalation through the mouth.
- o Areas of the body: legs, torso, arms, head, neck and shoulders.
- o Have them notice the effect on their bodies.

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### Safe / Calm Space

- o Have patient focus on their breath and imagine a 'safe/calm' space, either experienced or imagine. If unavailable, ask if they ever had a safe warm experience with a pet. Have them draw up that memory and anchor it in their body by noticing the physiological changes that occur when they think of it. Assist in the noticing:  
Notice if you heart rate changed, breathing changed, tension in your muscles, etc..?  
Practice 1 or 2 minutes every day.

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### Anxiety/Panic as “Signal”

- o Nervous symptom’s alarm system that becomes dysregulated.
- o Re-focus patient on what may have set the signal off as oppose to the symptoms.
- o Helps to normalize experience.

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### Tools for Initial Interventions: Depressive Symptoms

- o Assess for Self harm/Suicide ideation or actions.
- o Identification of Negative Beliefs:  
distancing techniques.
- o Resourcing their body.
- o Advocate Exercise.

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### Negative Cognitions/Distancing

- o “What is the voice of depression (or that part of you) saying about you? (trying to convince you to believe?)”

Examples:

- “I’m not good enough”
- “I’m a failure”
- “I’m un-loveable”
- “I don’t deserve to be happy”

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## Negative Cognitions/Distancing

- o Distancing: Identifying any part of self that doesn't agree or accept this belief? Is there anyone in your life now or in the past that wouldn't agree with this negative belief? What would/did they know about you that you can't connect to right now?
- o Responses to Negative Cognitions:
  - Interrupting Process: Practice "maybe not..."

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## Resourcing the Body

- o Grounding through feet into floor; drawing up through spine; opening the chest; Palms facing forward. What would they prefer to believe about themselves. Assist, if necessary to identify. Request that they practice Resourcing, linking it to positive cognition.

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## Collaborate

- o Know your local medical and mental health community.
- o Releases of Information to better collaborate.

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## Tools Sheet: Symptom Reduction for Anxiety and Depression (Hyper/hypo arousal symptoms)

- 1) **Narrative Techniques:** Separating out the symptoms or disorder from one's self identity.  
"When did depression first enter your life?" "When have you stood up to anxiety and not let it take over your thoughts or body?"
- 2) **Breath Techniques:** Take a deep breath in to a count of 4. Hold to a count of 4. Exhale to a count of 4. Add a phrase that's comforting to hear: "I'm okay" "I will get through this?"
- 3) **Tensing Exercise:** Tense area of the body (or entire body) hold for 5-10 seconds; releasing big exhale. Repeat to other areas until entire body has been tense and relaxed.
- 4) **Safe/Clam Space:** Visualize a safe/calm space real or imagine, or a special pet and enhance that memory or image in the mind. Notice the effects on the body. Practice each day for 1 to 2 minutes.
- 5) **Anxiety/Panic as "Signal" in body:** Focus on what the "signal" is trying to tell you as oppose to the symptoms and identify an action to take based on that information.
- 6) **Negative Cognitions:** What is the voice of depression saying about you? "Not good enough" "I'm a failure". Practice "maybe not..." technique.
- 7) **Resourcing the Body:** Grounding through feet, corrective posturing, focusing on body's reaction to Resourcing. Link with a positive cognition.

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