

Depression

Depression, also called unipolar mood disorder, affects emotions, thinking, behavior and physical well-being. It occurs most often in people between the ages of 25 and 44, and is characterized by symptoms that last at least two weeks.

Stressful life events and genetic predisposition can both be causes of depression. Some factors that can put you at risk include a family history of depression, past or present alcohol or drug abuse, age (onset usually occurs under the age of 44), having just had a baby, and other stressful events such as loss of a loved one or lack of a social support system.

Signs & Symptoms

Individuals experiencing depression may exhibit some or all of the following symptoms:

- Feelings of worthlessness
- Self-criticism
- Inappropriate guilt
- Significant weight loss or gain
- Lack of or excessive amounts of sleep
- Hyperactivity or inactivity
- Fatigue or loss of energy
- Poor concentration
- Frequent thoughts of death or suicide

Therapeutic Approach

In addition to conventional medical measures, which may include medication and counseling, modalities such as CranioSacral Therapy can play an important role in a comprehensive therapeutic approach.

CranioSacral Therapy can be particularly helpful in addressing areas of restriction in the body that can affect energy levels as well as circulatory and endocrine systems, thus enhancing relaxation. Related SomatoEmotional Release® techniques can also help release pent-up emotions that may be contributing to feelings of depression.