

# VARIOUS CATEGORIES OF DEPRESSION

DEPRESSION- "SHADES OF BLUE" (BY RYAN NOEL FRASER, PH.D)

POSTPARTUM (VARIETY OF SYMPTOMS)

ONE OF THE STAGES OF GRIEF (NORMAL/PREDICTABLE VS. COMPLEX/COMPLICATED GRIEF)

RELATED TO SHAME OR GUILT

LIFE SITUATIONS (OVERWHELMED AND LOOSING HOPE)

PHYSIOLOGICALLY RELATED (NEUROCHEMICAL); SIDE EFFECTS OF MEDICINE

MAJOR DEPRESSIVE DISORDER (LONG-TERM)

BIPOLAR 1 & 2 (MANIC-DEPRESSION)

CRISIS/TRAUMA

SEASONAL AFFECTIVE DISORDER (SAD)

DYSTHYMIA

SITUATIONAL DEPRESSION

ANFECHTUNGEN – SUFFERING RELATED TO SPIRITUAL DEPRESSION. "THE DARK NIGHTS OF THE SOUL" (MARTIN LUTHER)

**BIG SEVEN in Working with Depressive Clients (by Ryan Noel Fraser, Ph.D.)**

**When individuals struggle with depressive symptoms, ask/think about these 7 dimensions of their life:**

- 1. Medical-meds component**
- 2. Physical exercise**
- 3. Dietary**
- 4. Re-creational / R-est (things they do to take a break and rejuvenate)**
- 5. Spiritual-service to others, spiritual disciplines (prayer, reading, righteous living)**
- 6. Relational (to self, others, and God)**
- 7. Existential (Meaning-making around suffering and purpose)**

- When the medical, relational, and spiritual are out of balance, it can cause cognitive distortions.**