



# BrainWave Centre

Objective Measurement...  
Confident Management

## INFORMATION Sheet

# Depression

### What is Depression?

The word depression is often used to describe feelings of sadness, being run down, miserable or upset. Clinical depression, however, is not a mood which one can snap out of. The difference lies in the length and severity of such feelings. Clinical depression is characterised by a pervasive despair that is long lasting and seriously affects daily life. The symptoms are mental, emotional, physical, ongoing, and intense.

### What are the key symptoms of clinical depression?

The key symptoms of depression include:

- Persistent feelings of sadness or anxiety
- Sleeping problems
- Worrying and negative thinking
- Feeling helpless and hopeless
- Irritability and agitation
- Loss of interest in daily activities and energy
- Poor concentration
- Change in appetite
- Loss of confidence
- Feeling guilty and worthless
- Suicidal thoughts
- Excessive crying

Clinical depression is not healthy. It has a negative, serious impact on the individual and inhibits the sufferer's personal growth. It also stops the sufferers finding any meaning in their lives.

(Source: Australian Psychological Society website [www.psychology.org.au](http://www.psychology.org.au))

### How is clinical depression diagnosed?

Depression can be diagnosed using QEEG technology which is available at the BrainWave Centre.

### How can clinical depression be treated?

In addition to medication and psychological intervention, neurofeedback is also available for the treatment of depression. Psychological treatments involve Cognitive Behaviour Therapy, Interpersonal Therapy and General (Supportive) Counselling. The former two options are highly structured and specialised methods of therapy. One aspect of depression is an imbalance of chemicals in the brain which contribute to low moods and fatigue. In this case, antidepressants may be prescribed by a doctor to treat the depression. Alternatively, Neurofeedback, a completely safe, drug-free and non-invasive therapy can also be used to treat this neurochemical imbalance.

### How The BrainWave Centre Can Help You?

#### We provide:

##### • Neurofeedback

Neurofeedback is a drug-free, totally non-invasive therapy which is self-regulatory and retrains the brainwaves to be in a state which is closer to normal patterns.

Neurofeedback teaches the patient to self regulate their own brainwave patterns or brain function in order to improve their mood and alleviate the distressing symptoms of depression. Neurofeedback can be used as an adjunct treatment to medication or as a totally stand alone treatment.

##### • Psychological Methods of Treatment

Our team at the BrainWave Centre includes professional psychologists who can carry out:

#### 1. Cognitive Behavioural Therapy & Behavioural Management:

These teach the individual to identify and change negative or faulty thinking processes and beliefs and learn to use positive 'self-talk' to improve their lives.

#### 2. General Counselling:

This is conducted with individuals, couples and families to assist those experiencing difficulties with depression.

#### 3. Group Programs:

- Self-esteem groups
- Social skills training

##### • Prescribed Medication

While it is not a function of the BrainWave Centre to prescribe/dispense medication, the Advisory Board for the BrainWave Centre includes paediatricians and psychiatrists who can prescribe appropriate medication if this is the treatment modality that the referring practitioner and his patient deem suitable and appropriate.

### Facts and figures on depression

- Severe depression will affect 1 in 5 persons in their lifetime. Over 800,000 adults and 100,000 young Australians experience this illness every year, with perhaps four times that number experiencing significant depressive symptoms.

- At least six million work days are lost each year and another 12 million days of reduced productivity are attributed to depression.

- Depression often leads to alcohol, tobacco and cannabis abuse, educational failure and unemployment. Depression disrupts physical health by a range of immune and nervous system mechanisms and is a risk factor for heart disease of the same order as smoking, high blood pressure and raised cholesterol.