



freshwaysforward

Discovering You

New Light on Healing Depression

It seems appropriate to talk about depression this month because it has received a lot of attention in the media recently. You may have seen the ongoing, high profile TV campaign and you may know someone who suffers from it. I also feel compelled to dispel some of the myths surrounding depression and offer the fresh light of hope on an issue often perceived as very difficult to overcome.

For someone suffering from what we call 'depression', it can certainly feel rather difficult to get out of that foggy helpless feeling of despair. Many of the principles of Neuro Linguistic Programming (NLP) help us understand how someone can let go of that helplessness and take control of their wellbeing. So let's demystify some of the myths of *depression* from an NLP perspective:

Myth 1: *Depression* is something someone *has*.

Myth 2: It takes a long time to overcome *depression*.

Myth 1: *Depression* is something someone *has*.

I'm going to suggest that *depression* isn't so much something a person *has*, but rather something they *do*. What if I said they could learn how to do something else instead? In order to drive a car, we need to use specific skills within our mind, and take specific actions with our body. In the same way, because *depression* is something someone *does*, they need to be skilled in how to do it.

As the mind is where it all begins, take a moment to consider: how many things you can do inside your head? There are in fact only six things you can do inside your mind, which controls every single thing you do. You can create and remember:

1. Pictures
2. Sounds
3. Feelings
4. Smells
5. Tastes
6. Self talk

Our brain processes information in these six ways; through the five senses and by thinking about it in words (that's the self talk part). This means that everything you do, whether it's admiring a beautiful sunset or remembering a sad event, is done in one or more of these six ways.

What does this mean for someone experiencing *depression*? It means their brain is doing certain things really well and other things not so well. It's running various patterns (such as getting a picture of something and feeling low) which are making them feel very unhappy. Those negative feelings are produced by chemicals in the brain and body.

The good news is that it's possible to create new patterns, heal emotions and see the future positively. I'm not saying that we can control the chemicals in our brain. All I'm saying is that it's possible to experience those negative emotions less often, and feel positive ones such as lightness and joy more and more often.

"My spelling is Wobbly.

It's good spelling

but it Wobbles,

and the letters get

in the wrong places."

A. A. Milne



Spelling Strategy

Do your kids struggle with spelling? Is homework time a nightmare?!

The NLP Spelling Strategy gives children a simple and fast way to learn to spell that they will have for the rest of their lives.

NLP was developed on the basis of studying excellence. Hence, we know that when someone is an excellent speller, they are using a visual strategy. To be more precise, they are forming a picture of the word in their mind's eye that they are then able to access whenever they need to. It's a simple strategy. However it doesn't come naturally to every child.

Most often, when children have difficulty with spelling they are using an auditory strategy (sounding it out) or kinaesthetic strategy (getting a feeling). They can easily learn to look up (to access their visual function)



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Myth 2: It takes a long time to overcome *depression*.

It's a common perception that it will take a long time to overcome *depression*. Yet, in the same way you can wake up one morning and find that the cold you'd had for a few days has gone, consider that your body can just as readily make changes at an emotional or cognitive level.

Because the 'negative' patterns are running automatically at an unconscious level, in gentle ways the 'instructions' in the mind can be changed to produce different thoughts, feelings and behaviours. Even better news is that those changes don't have to take a long time; they can be made relatively quickly. Additionally, NLP Coaching uses a solution-focused approach, which allows for rapid changes precisely because we are exploring solutions rather than problems. For some clients, their *depression* lifts within one or two sessions, and for others it takes a few more than that. Often it is a huge relief for them after years of counselling and/or anti-depressants.

Those who recover from *depression* through NLP don't find themselves never feeling down again in their life. After all, it is entirely human to experience the full spectrum of emotions. However, they do have a renewed ability to cope, solve problems and 'happy' themselves.

So to recap, *depression* is a process in the brain. Therefore, that process can be interrupted and changed. *Depression* is something people can learn and choose to let go of. In turn, they can experience lightness, hope and a sense of control. Changes can be made quickly using a range of techniques that are designed to increase choice and wholeness in the individual. NLP is one of the lesser known but most effective treatments for *depression*, and as more people get to find out about it, more of us can *live happier free lives*.

and store the word as a picture.

How a child feels about learning or spelling also impacts their ability to learn. The first step in helping anyone learn a new strategy is to help them feel really good inside about learning. We do this through an NLP technique called anchoring, where we help them access and store the feelings they had when they learnt something really easily.

Spell Now Package

- 90-minute session (anchoring and strategy)
- One 30-minute follow up



"Remember then: there is only one time that is important - now!
It is the most important time because it is
the only time when we have any power."

Leo Tolstoy

Tid bits and tips: Books to inspire you

Looking for a good book to inspire or energise you? Here are some favourites from my shelves:

The Five Love Languages by Gary Chapman

Discover the five languages of love and how you can enrich your relationships by understanding your love language that of your loved ones.

The Seat of the Soul by Gary Zukav

A guidebook for connecting with ourselves at the deepest level.

The Celestine Prophecy by James Redfield

An adventure story offering new perspectives on human existence.

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