



Depression – A psychologists' perspective

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Abstract:

Depression is a complex area. However, it is becoming increasingly manageable too. When depressive thoughts such as hopelessness, helplessness and uselessness occur with depression, the depressive misery can intensify. Hence deactivating the depressive thoughts can help in reducing depression to a significant extent. As our perceptions and perspectives can significantly affect the way we see life events, if we can develop a realistic control over ourselves it can help us to combat depression. Techniques and therapy like CBT, REBT and TA have evidently proven to help clients to overcome depression. This is how. CBT helps in identifying the negative automatic thoughts and how they are debilitating to their experiences of events and thereby helps them to reduce their cognitive distortions. While REBT places emphasis on whether the thoughts are rational or irrational and helps the clients to substitute their irrational thoughts by more adaptive, flexible and logical thoughts which can contribute to the reduction of depressive thoughts. TA beautifully talks about Authentic emotions and Racket emotions and helps clients in identifying their authentic emotions. While Rogerian Style understands that the client has the fullest ability to find ways out of their issues and analyses the needs unmet and helps the clients to find ways to meet their needs by expressing and experiencing them in legitimate ways and thereby move along with the clients in their journey of self-discovery.



Biography:

Ms. Rajalakshmi is a psychologist who has completed Masters in psychology from Madras University and has a Masters in Computer Applications as well. As she found her passion in Psychology and being an eclectic practitioner, she started her journey towards learning and has completed Diploma in school, corporate and family counseling, CBT certification, SFBT advance certification and TA 101 certifications in Chennai and the journey continues. She is also placed as a consultant psychologist at Apollo Life (Department of Occupational Medicine) at Chennai and works as a consultant counselor at TCS, Chennai. Very passionate towards psychology and counseling, she is committed to bringing in changes to her clients, has started a counseling and consulting space at Chennai.

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