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## Childhood Depression

### FORMAT:

Lecture and Discussion- Participants are encouraged to make the workshop more relevant to their concerns by asking questions.

### DESCRIPTION:

Bummed, upset, sad, depressed, really depressed, or worse? This training looks at the differences among normal and developmentally appropriate moods for children and more serious issues that may initiate adult intervention. Participants are guided to use simple intuitive questions that lead to deeper examination of children's moods, their underlying issues, and guidance for helping. Developmental challenges are tied to the child's experiences with stress, including looking at stress builders and stress releasers. How to build a powerful child is revealed- empowering children to deal with life challenges and moods that can result (including attractions to alcohol and drugs).

### Six Simple Questions about your Child?

Is this a \_\_\_\_\_ Child?

### Types of Depression

- "bummed"
- grieving loss (DABDA)
- Adjustment Disorder
- Dysthymia
- Major Depressive Episode
- Major Depression
- Bipolar Disorder

### How to Build a Powerful Child- SFFS SS SS SF

### Diagnostic Hierarchy

### Erickson's Ages of Man

Basic Conflicts and Virtues:

Basic Trust vs. Mistrust	HOPE
Autonomy vs. Shame	WILL
Initiative vs. Guilt	PURPOSE
Industry vs. Inferiority	SKILL
Identity vs. Role Confusion	FIDELITY
Intimacy vs. Isolation	LOVE
Generativity vs. Stagnation	CARE
Integrity vs. Despair	WISDOM



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**The Stress Process: Stress Builders and Stress Releasers**

- Denial; Intensification; Avoidance behavior; Hypervigilance; Passive-Aggressive Action; Co-Dependent Behavior
- Proactive Action; Cathartic Release; Physical Release; Breathing; Rest; Self-Nurturing; Seeking Help; Understanding/Insight

**Self-Esteem**

- SIGNIFICANCE
- MORAL VIRTUE--- IDEAL SELF vs. REAL SELF
- POWER & CONTROL
- COMPETENCE

**RIPS: Respect, Identity, Power & Control, and Security**

**Alcohol (depressant) & Drug Use:**

Experimentation

Social Use

Problematic Use:

Occupational/Academic Problems

Physical Problems,

Emotional/Psychological Problems

Addiction Self-Medication\*\*

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