



**“Psychotherapy in Europe – Putting the record straight”**

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# **The treatment of depression**

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## 1. Create a 'climate'

We must create a climate of real concern, true empathy, thorough and continued endorsement.

We should limit the number of 'professionals' that are involved in the therapeutic process.

We should limit hospitalisation and alienation from family, society and work. Hospitalisation is a step that must be carefully weighed from the therapeutic point of view (pros and cons, also the comfort of the patient should prevail over the comfort of the professionals).

**Comfort is a key word in therapy.**

**Another keyword is 'work always with the person, not the disease'.**



## 2. The 'diagnosis' should be restored to its original meaning

- To have a clear (dia) and understandable vision (gnosis) on the problem, its meaning and consequences in the particular situation of the patient. Avoid a reductionist 'categorisation' and 'simplification'.
- The importance of looking at **all** symptoms, their 'weight' and 'meaning' and the clustering in (one or more) syndromes.
- Take into consideration of the psychic **and** the somatic complaints, symptoms and problems.
- Learn to gradually know the person. His/her character, life conditions and life style, his/her family, work and hobbies, things of importance in their lives: friends, goals, failures, successes, etc.



## **3. The diagnosis should be a continuous process during the whole process of the therapy**

- This means that every therapeutic step and session should be monitored, regarding the symptomatology of that moment, the course of the disease, the problems that arise in the context of the disease itself, other possible problems, family conditions, work or career consequences or involvements.
- The priorities should be weighed at every moment. When there is acute danger of suicide, one should not have a session on old and nearly forgotten traumas, etc.



## 4. The treatment should be developed on the 'the stagecoach in the mud' principle.

**All the forces, tools and interventions should be used in a well co-ordinated, adjusted and correctly sequenced way.**

- The horses that pull can be seen as the medication that restores the strength and endurance of the patient
- The people that push can be seen as the psychotherapists
- The passengers that leave the coach and help in pushing , guiding or supporting can be seen as family and friends that no longer weigh on the person but are now helping him/her
- The removal of the luggage can be seen as taking away the responsibility's, the working conditions that harm, the goals that must be achieved within short times

# Treating depression - important aspects to consider



**All the forces, tools and interventions should be used in a well co-ordinated, adjusted and correctly sequenced way.**

- The stage driver can be seen as the psychotherapists, coaches, mentors that give insight, co-ordinate, prepare for the journey after the collapse or catastrophe;
- The preparing of the ground (taking away the mud, putting something under the wheels, cleaning or repairing the axle or the shock absorbers) can be seen as the sick-leave, hospitalisation, taking away burdens and responsibilities of the moment, etc.;
- The driving of the coach after leaving the mud to avoid new accidents or to enhance the driving skills, is the task of the psychotherapists, the coaches, the general practitioner.



**5. Be conscious of the 'pathways' that conduct and result in anxiety, addiction, somatic complaints referring to stress, hyper-sensibility and hyper-emotionality, burn-out, chronic fatigue and finally depression.**



## **A European non-governmental organisation committed to:**

- the promotion of positive mental health and well-being
- the prevention of mental distress
- the improvement of care
- advocacy for social inclusion
- protection of human rights for people with mental health problems, their families and carers





## **Currently 68 member organisations in 30 European countries**

- Mental health promotion NGOs
- NGOs representing users of mental health services
- NGOs representing users' families
- Other European NGOs in the mental health field
- Research and educational institutions

# What does Mental Health Europe do?



- Lobbies the European institutions to raise the profile of mental health and well-being on the European agenda
- Mainstreams mental health and well-being in European policies together with other NGOs
- Develops policy recommendations through its European projects
- Acts as a platform for exchange and collaboration among European health and social NGOs
- Represents the interests of its members and supports them with information on European policy and legal developments
- Develops communication strategies and materials: newsletter, website, leaflets, press releases, position papers and media relations

# MHE affiliation with European/global networks



For further information



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