

DEPRESSION: ITS TRUE NATURE

(Section Three)

DEFENSE MECHANISMS & COPING STRATEGIES



Dr. Terry Lynch,
physician, psychotherapist, author

www.doctorterrylynch.com

info@doctorterrylynch.com

People considered to have “depression”

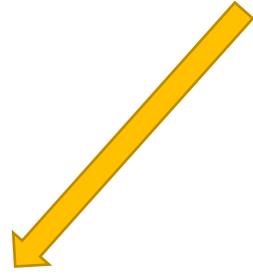


Easily fall off the edge

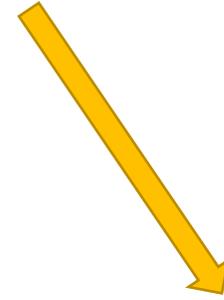
Close to the edge



Many features of “depression”



Defense mechanisms



Coping strategies

Purpose of defense mechanisms & coping strategies

1. Minimise contact with wounding & distress experienced to date
2. Minimise further wounding & subsequent distress

Many cause secondary wounding and distress

Range of defense mechanisms & coping responses

Very considerable

Testament to the creative ability of us human beings

Always serve a purpose

Defense mechanisms & coping strategies



“Depression”

Mental Health RSS

Healthy Living Tips



Latest Mental Health News

Heart Defects at Birth Raise Risk for PTSD Later

Exercise Helps Ease Psychosis Symptoms

Breathalyzer-Locked Car

Anhedonia: Loss of the capacity to experience pleasure. The inability to gain pleasure from normally pleasurable experiences. Anhedonia is a core clinical feature of [depression](#), [schizophrenia](#), and some other mental illnesses.

An anhedonic mother finds no joy from playing with her baby. An anhedonic football fan is not excited when his team wins. An anhedonic teenager feels no pleasure from passing the driving test.

"Anhedonia" is derived from the Greek "a-" (without) "hedone" (pleasure, delight). Other words derived from "hedone" include hedonism (a philosophy that emphasizes pleasure as the main aim of life), hedonist (a pleasure-seeker), and hedonophobia (an excessive and persistent fear of pleasure).

You have **Guest** access to ScienceDirect [Find out more...](#)

Purchase Export Search ScienceDirect Advanced search

Article outline

- Abstract
- References



Comprehensive Psychiatry

Volume 38, Issue 5, September–October 1997, Pages 260–263



Does anhedonia correlate with depression severity in chronic depression?

G.D Schrader

Show more

Choose an option to locate/access this article:

Check if you have access through your login credentials or your institution

Check access

Purchase \$35.95

Rent at DeepDyve

Get Full Text Elsewhere

doi:10.1016/S0010-440X(97)90057-2

Get rights and content

Abstract

Anhedonia has been proposed as a psychological marker for biological depression. In

Recommended articles

Vulnerability to depression: A model centered on...
1996, Journal of Affective Disorders [more](#)

Anhedonia in endogenomorphic depression
1996, Psychiatry Research [more](#)

Reconsidering anhedonia in depression: Lessons...
2011, Neuroscience & Biobehavioral Reviews [more](#)

[View more articles >](#)

Citing articles (29)

Related book content

ADVERTISEMENT

ELSEVIER WebShop

Elsevier's Webshop
Supporting authors around the world

[Learn more >](#)

Feedback

Anhedonia

(Not feeling pleasure)

Inability to experience pleasure ✘

Unwillingness to experience pleasure ✔

Question:



Why might one choose to not feel pleasure?



Answer:



BENEFITS



RISKS



Psychic wounding



Distress in its many forms



Excruciating



Resolution



STOP!!



Disconnect
Detach

Disconnecting from our distress



Disconnecting from our feeling, sentient aspect

Difficult

Big price to pay

Guard up constantly

100% “success” impossible



Reinforce defenses



On guard

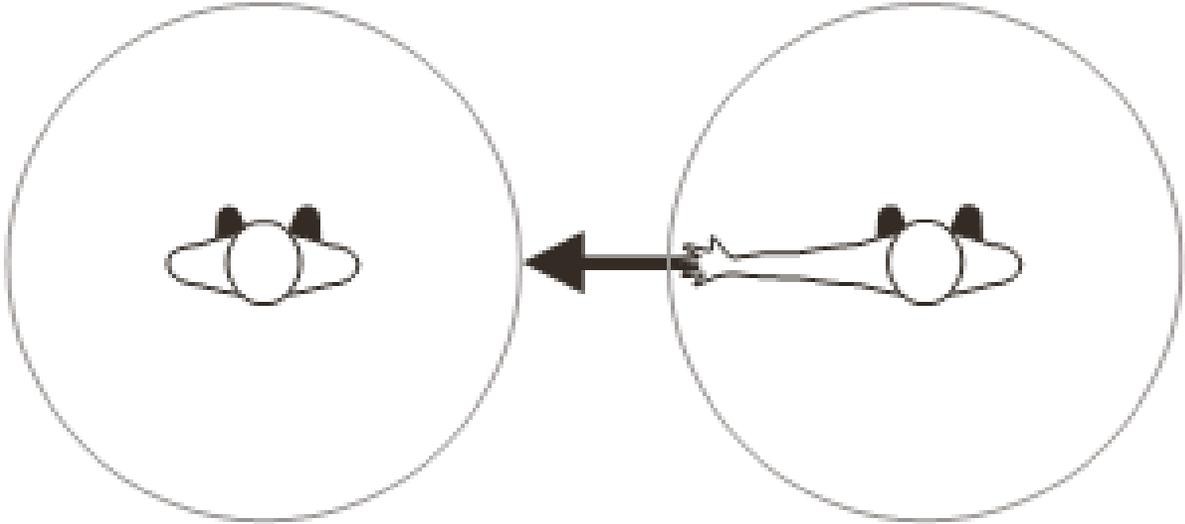
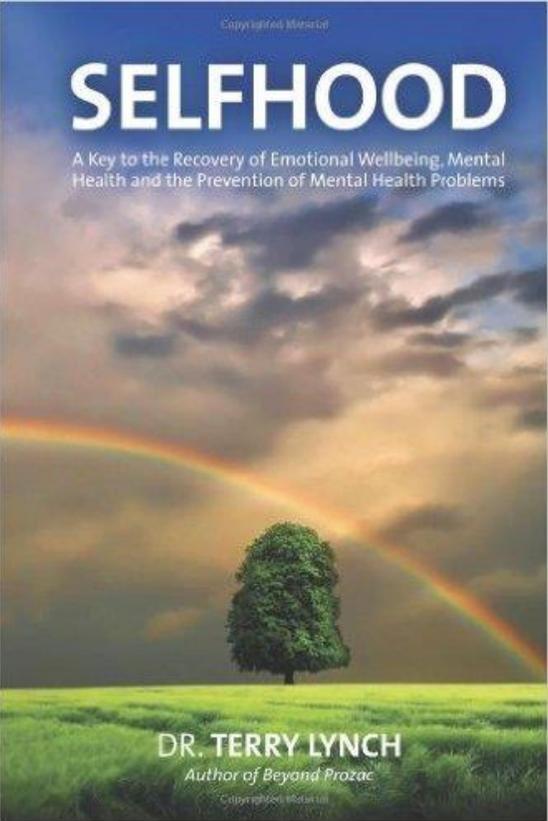


Maintaining these defenses



No. 1 priority

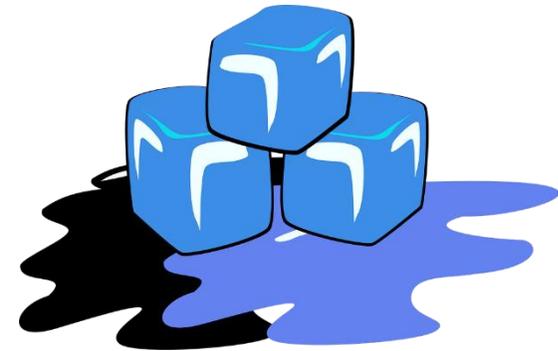
DISTANCING OURSELVES FROM OURSELVES



**I HATE MYSELF
GET AWAY FROM ME**

To maintain this defense

Love X
Affection X
Warmth X
Compliments X
Caring X

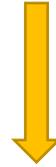


Ideal way ~~X~~ of being

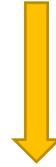
Ideal ~~X~~ solution

Ideal way ~~X~~ of living

Relying on



Defense mechanisms and coping strategies



Least difficult way to live

Experiences and behaviours

INTERPRETED



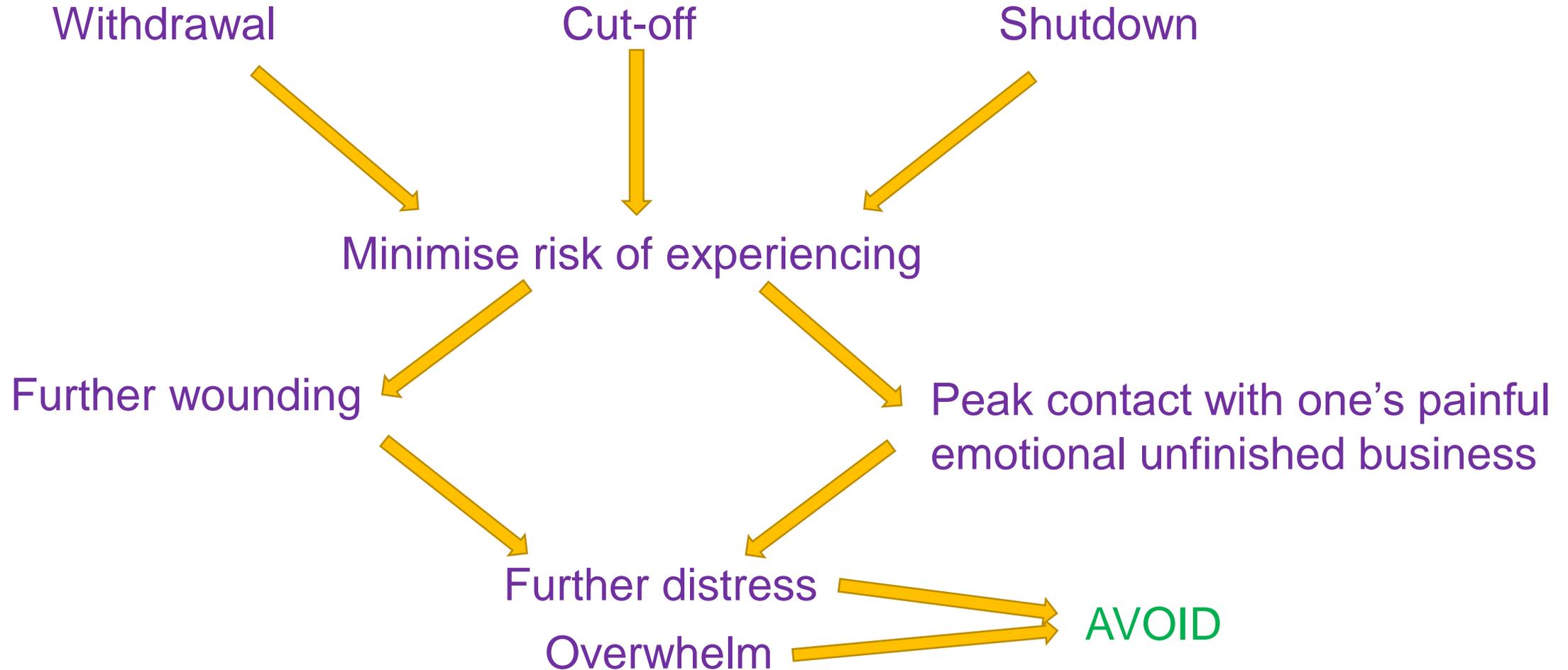
“Depression”



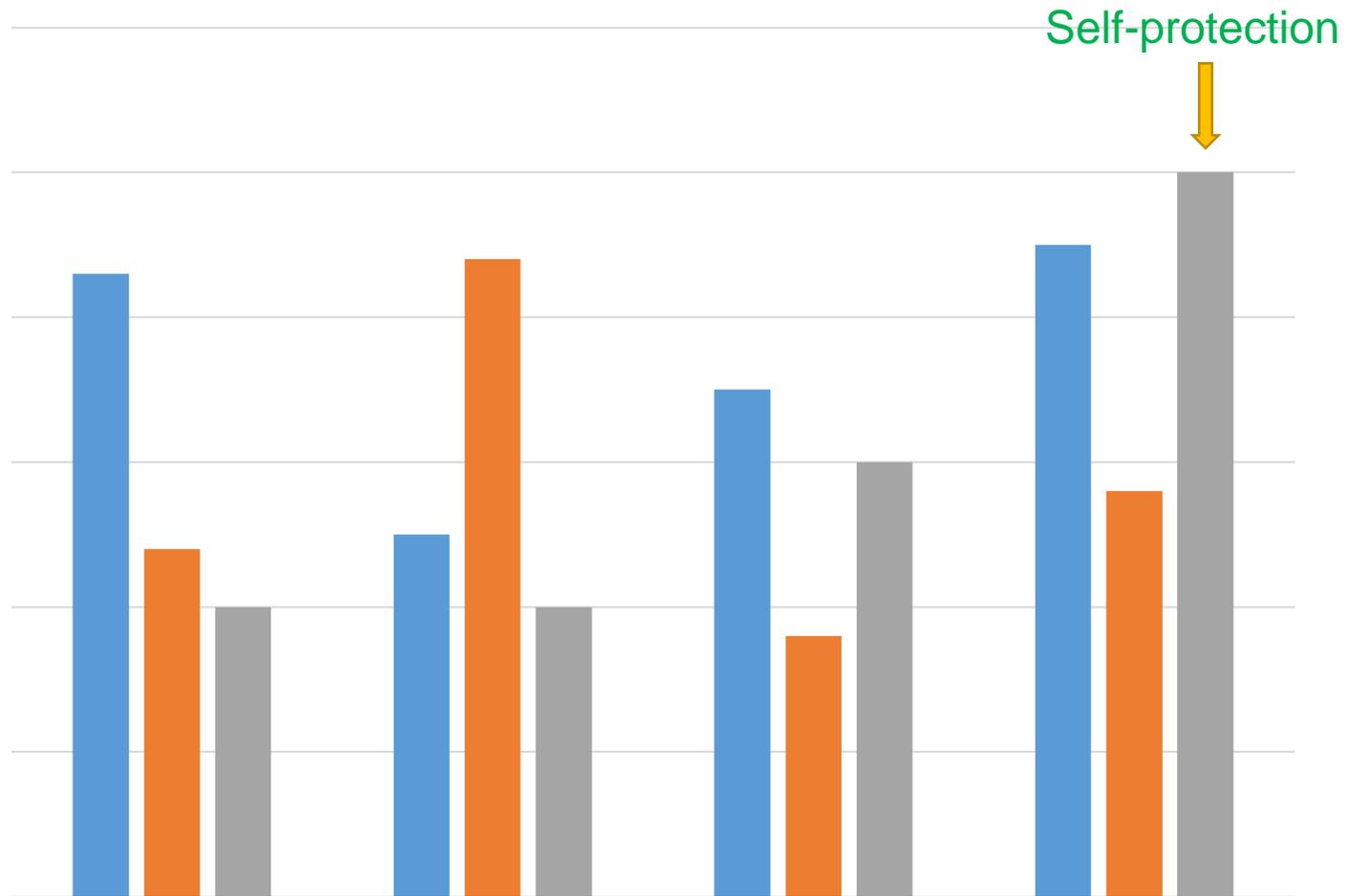
Best solutions

Defense mechanisms/coping strategies

Regularly seen as evidence of “depression”



Needs and Need-meeting



Defense mechanisms and coping strategies

MAY INFLUENCE



How we choose to process and express emotions

EXPERIENCES & BEHAVIOURS



“Depression”

Many people considered to have a “mental illness” - “depression”



“Private” “Deep”

Hold back much of who they really are and how they really feel from others, locking away key aspects of themselves very deeply within them. They rarely express their true self, their vulnerability, their deeply held emotions.



Defense mechanism

DESIGNED TO MINIMISE RISK OF



Further wounding



Peak contact with one's painful emotional unfinished business

Anxiety

“Depression”

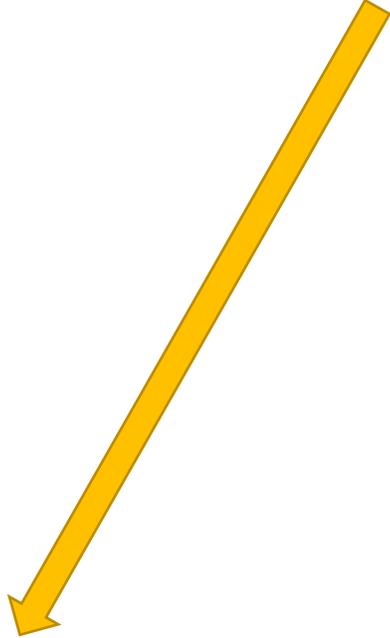


(P: 3.12)

THIS PRESENTATION



Defense mechanisms and coping strategies



Comprehensive course on anxiety for mental health therapists

Anxiety

OFTEN FOLLOWED BY

“Depression”





Diseases and Conditions

Depression (major depressive disorder)

Is it possible to have depression and anxiety at the same time?

Answers from [Daniel K. Hall-Flavin, M.D.](#)

Depression and anxiety are different conditions, but they commonly occur together. They also have similar treatments.

Feeling down or having the blues now and then is normal. And everyone feels anxious from time to time — it's a normal response to stressful situations. But severe or ongoing feelings of anxiety and depression can be a sign of an underlying mental health disorder.

Anxiety may occur as a symptom of clinical (major) depression.

→ It's also common to have depression that's triggered by an anxiety disorder, such as generalized anxiety disorder, panic disorder or separation anxiety disorder. Many people have a diagnosis of both an anxiety disorder and clinical depression.

Anxiety

OFTEN FOLLOWED BY

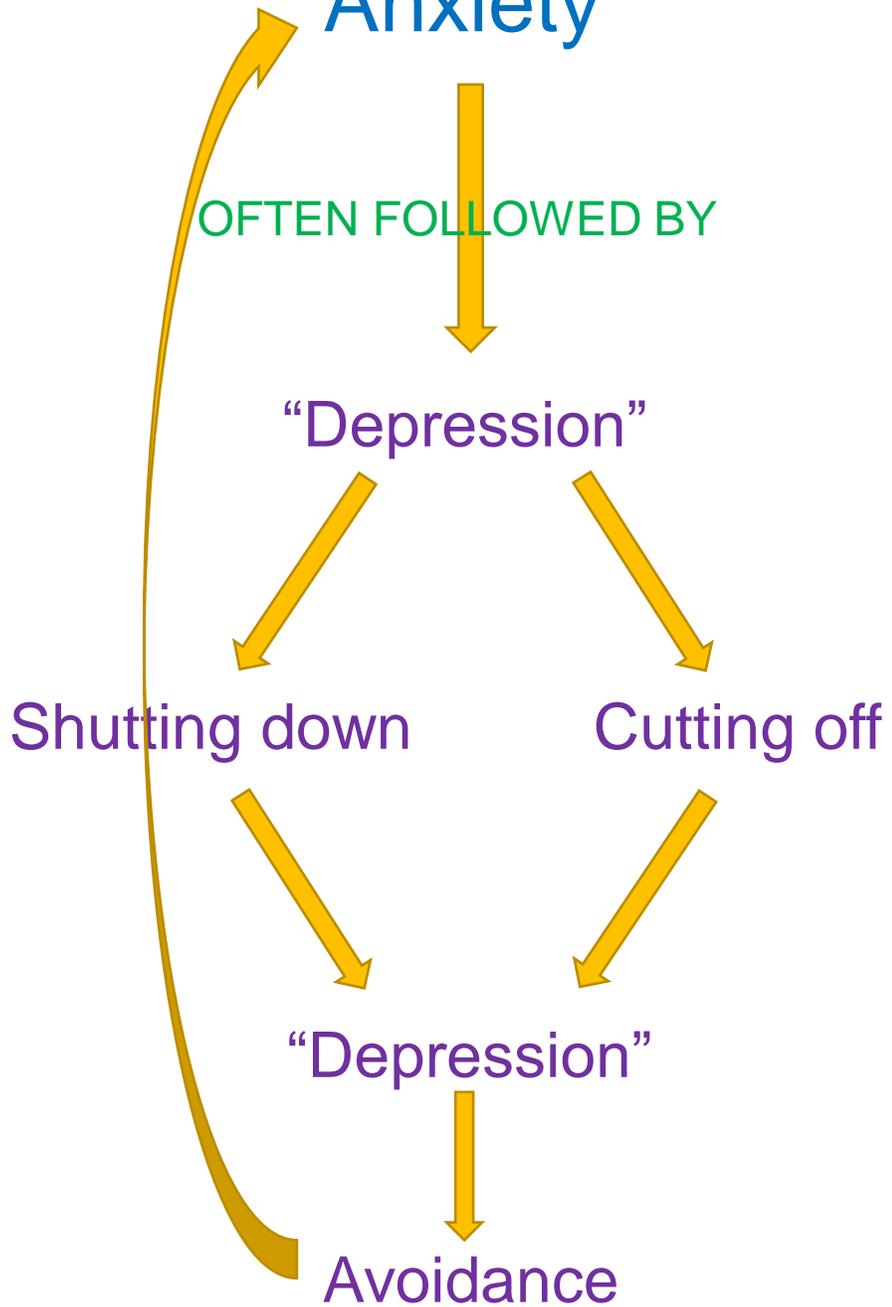
“Depression”

Shutting down

Cutting off

“Depression”

Avoidance



Many experiences and behaviours

ERRONEOUSLY



“Mental illness”



“Depression”

Avoidance

REFLECTED
IN



Adopted defense mechanisms and coping strategies

ESTABLISHED



Childhood Adolescence

Avoidance

REFLECT

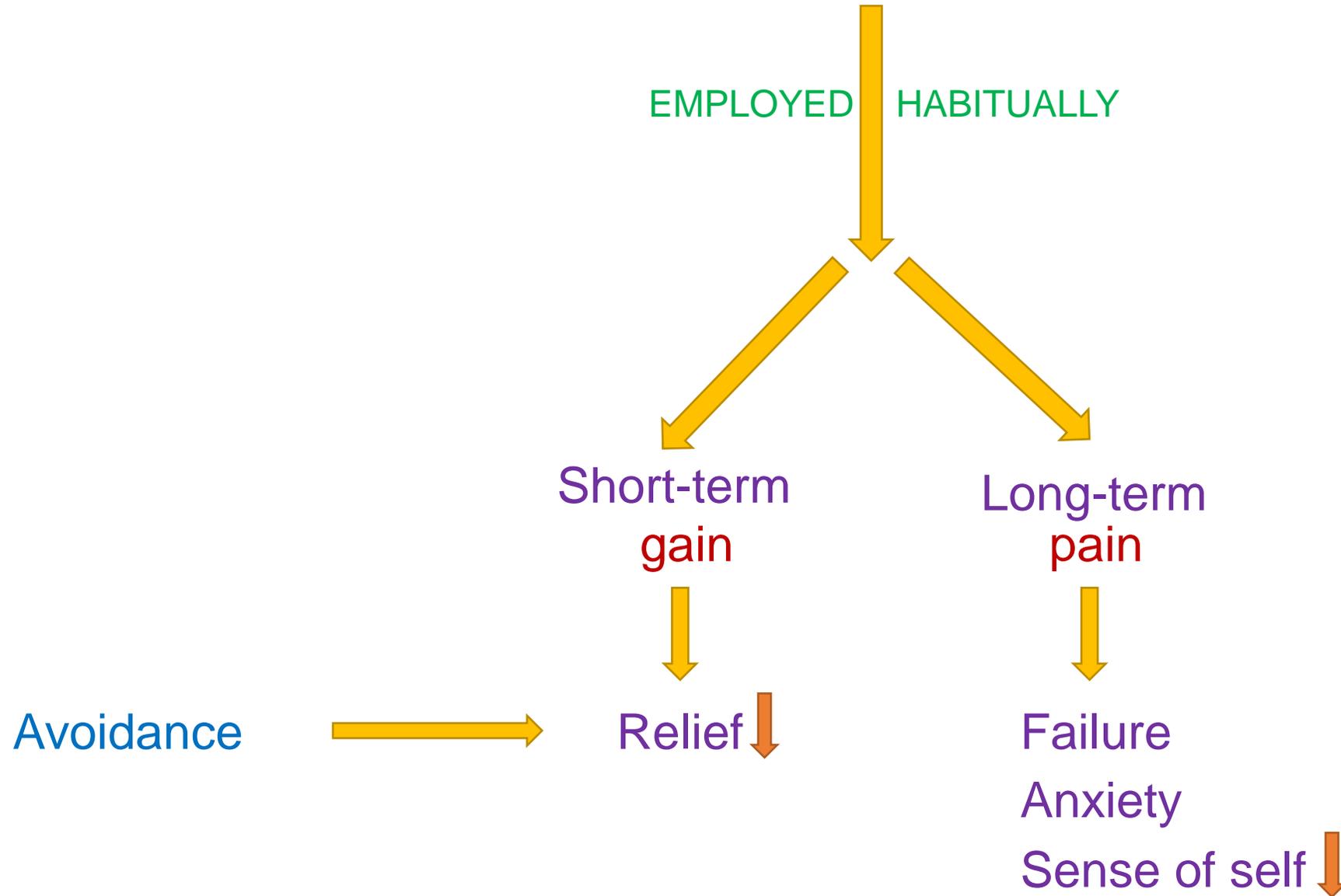


Unhealed
wounding



Unhealed
distress

All defense mechanisms and coping strategies



Other defense mechanisms/coping strategies

Apathy

Disappear

Autopilot

Numbing

Indecisiveness

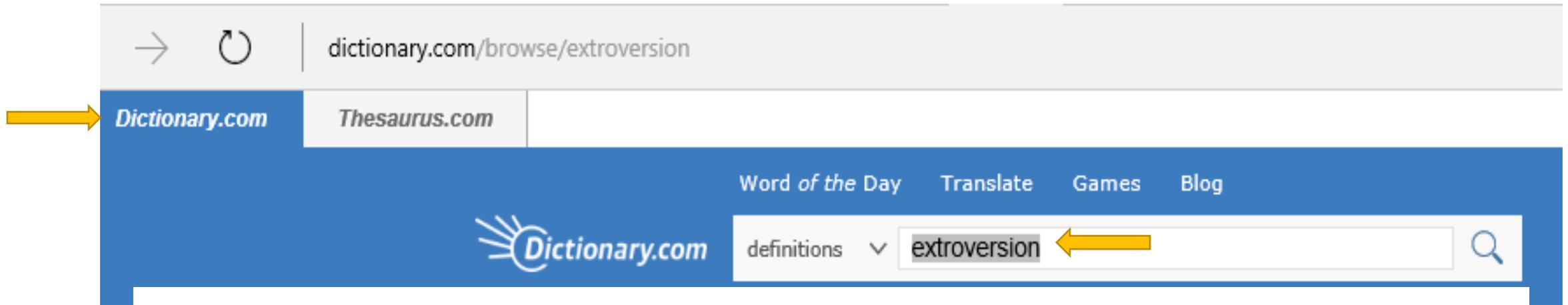
Mindreading

Daydreaming

Fantasy creation

“What if”

Extroversion



noun

1. Also, **extraversion**. *Psychology*.

→ a. the act of directing one's interest outward or to things outside the self.

→ b. the state of being concerned primarily with things outside the self, with the external environment rather than with one's own thoughts and feelings.

Compare **introversion** (def 3).

2. *Pathology*. a turning inside out, as of the eyelids or of the bladder.

<http://www.dictionary.com/browse/extroversion>, accessed 17th June 2016.

Other defense mechanisms/coping strategies



For further examples, see text that accompanies this presentation

Eye contact

