

~Depression~

(and the accompanying feelings of hopelessness)

If you or someone you know lives with depression they may be resigned to thinking that they will always have to suffer. They may be caught up in the cycle of hopelessness that accompanies depression: “There’s no point in doing anything, it’s all so hopeless”; Sitting around all day and doing nothing; “I hate myself for being so weak and useless”; Lack energy or motivation. These are some of the thoughts and behaviors that often go along with depression.

The good news is that people can and do change. When they face difficult times they grow stronger in themselves as a result. If you have been depressed for any length of time you probably have tried different methods to ‘shake it off’. You may have found that some of these things work, if only for a while.

Overcoming depression with the help of a therapist or counselor is often crucial in helping you make a lasting recovery from depression.

I help my clients overcome depression safely, by gently and gradually uncovering some of the root causes of depression, which make them vulnerable to repeat the cycle of depression over and over again. Often it is false beliefs installed in our childhood that hold us captive, once exposed they lose their power and we are set free. Sometimes a traumatic event in one’s life can set in motion a depression that leaves you stuck and unable to ‘shake it off.’ I support my client’s discovery of that part of their inner self that holds them in the grip of despair. I help empower them to make changes that will allow them to have a bright future rather than just a repeating past. I treat each client as an individual and design a recovery plan accordingly. We create a contract together and I go to work for you.

People overcome depression every day. Getting started is the key.

David Williams PHT. CHT.

Counseling and Therapy

707.566.9339

Practice including but not limited to;

NLP, Clinical Hypnotherapy, Somatic Therapy,

Regression Therapy, EMDR

Please call me with any questions and to discuss your specific needs. All conversations are confidential.
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