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Depression – The cause and solution



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The Penny Model, UK

Failing to understand what our emotion is for. Many people struggle with an excess of one emotion or another which is commonly named as a mental health issue or disorder. Carrying such titles or beliefs can compound the dynamic and result in long term dependency on health professionals, medication and others, instead of accessing internal resources and looking for the antidote for an excessive or undesired emotion. Depression is a symptom of disease and we will look at the cause/solutions. Clients need something tangible and accessible to be able to comprehend/cognise, that what is being experienced is a normal human experience whilst not desired or always healthy. The normalization of fear and all emotions is transformative. Those working within emotional wellbeing/health sector need to reduce the use of the term mental health or disorders and change it to an excess of an undesired emotion. The DSM-I, from 1952, listed 106; the DSM-III, from 1980, listed 265, and the current DSM-IV has 297, with an ever-increasing list of medications from the pharmaceutical companies. But, we only have four primary emotions (and one secondary). Attending to the primary emotions with a clear framework can eliminate most of the top-heavy diagnosis and offer more normality to a human experience. A new and accessible look at our core emotions through the lens of The Penny Model can facilitate this. Offering an accessible framework for the practitioner and clients with the use of metaphor and illustrations of how each emotion is connected to others as well as the message is from each emotion.

Biography

Stefan Charidge has been in full time Private Practice for over 15 years. He has delivered trainings on various topics including anger management, gestalt therapy, archetypes and psychodrama. He is a BACP, accredited Psychotherapist and Counseling Supervisor. Also, he is a Facilitator within MKP UK and the Portsmouth community called the "A Band of Brothers" (Mentoring for young offenders). He is the author of "The Penny Model", and Originator of the "Break Free Anxiety" phone app.

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