



Guide Depression Recovery Programme

This guide is the third element of my Depression Recovery Programme. The others parts are the Audios for you to listen to and the Self Assessment Questionnaires that you need to complete when directed to. This is so you know where to go next and that is why this guide is so important. It will guide you through the steps needed and in the right order FOR YOU – so you use the audios in the best possible way.

But first, let me remind you what my Depression Recovery Programme is all about. What you have here is the comparable treatment and tools that I would use if you came to my therapy room for one on one therapy or had booked Skype sessions with me.

My one on one depression therapy achieves a very high level of success – close to 90% of my depressed clients will fully recover or be feeling much better - normally within four sessions and on average within one month of their first appointment.

So how wonderful would it be if my proven depression help could be made available much more widely? Well this is what I have prepared and can now make available.

The main difference between this programme and my one on one therapy is that you will be tailoring the treatment – to what you require for your particular circumstances. That is why you should complete the questionnaires when recommended to. Then you will be able to set out your own route to recovery - and what you find are your most important gaps and deficiencies.

But be encouraged. Although there is a large amount of material for you to use as appropriate, you will not be overwhelmed by it. Instead you can move at the pace that suits you. And indeed you can start wherever seems suitable. And finally, I am available through email to guide you to the next step.

And as your recovery proceeds, you will see what your next stage should be. So the process is one step at a time – through the (up to) five steps to full recovery.



Setting the Scene

I need to make clear for whom this programme is designed. It is for those who suspect that maybe they are depressed – whether they have had a formal diagnosis or not. As I will explain, the key symptom of depression is a state of mental and emotional exhaustion – a lack of energy and motivation, particularly in the mornings. And this then spills over into other aspects of your life. You will probably be getting little pleasure from your daily life; you will be tending to hide away and feeling guilty, culpable and with self confidence draining away. Something is wrong but you just cannot put your finger on it. Your head will be full with self obsessed worrying and rumination which is getting you nowhere but which you cannot seem to control.

You may or may not have consulted your doctor and he or she may or may not have prescribed antidepressants or conventional counselling – notably Cognitive Behavioural Therapy (CBT). But these have not helped (or at least not enough) and you are looking for something else.

Now, whether you are still taking antidepressants or have stopped or have kept well away from them – it matters not. This programme is for you – but with two caveats.

The first is if you have had a reliable diagnosis of bipolar disorder. I use the word reliable advisedly – as most diagnoses by the psychiatric profession don't seem to be worth a row of beans. But the fact is that bipolar is a mental disorder of big mood swings which is beyond the scope of this programme.

The second is that those with a reliable diagnosis of Aspergeric syndrome will also find this programme difficult. This is because many of the audios use trance to facilitate change and entering the trance state is difficult for those with aspergeric tendencies. It does not make the programme impossible, but it will be more difficult.

And now, let's get on.

I answer some of the questions that will be in your mind as you contemplate the programme. Next I summarise the content of the audios. Then I lay out the various routes to recovery through the audio material – depending on what you find is important for you as you proceed through the programme. And finally there is a guide to the questionnaires and how they fit in.

Good luck and believe me; recovery from your depression awaits you.

Andrew Richardson
(July 2015)



Getting Started

How do you get started on the programme and not feel overwhelmed by it?

It's much easier than you think.

This is because you can get started in many places – by simply listening to one (or at most two audios) – from the list below. There are suggestions there for each of the five suites of the programme. That is all you have to do. Just pick one of the options below and begin. Find an hour when you know you will be on your own, sit down and take the weight off your feet:

Beginning the Programme – choose One

From Suite 1 - Building Hope and Firefighting for a Calmer Mind

Listen to HF1 and/or HF2

OR

From Suite 2 - Trauma Release to free from memories that are stuck inside your head

Listen to TR1

OR

From Suite 3 - Learning to Relax – tools for your regular use

Listen to R2 and then R5. Or just begin with R5

OR

From Suite 4 - Clearing Patterns – freeing you from your unwelcome habits and patterns

Listen to CP1 and then go to either of CP2, CP3, CP4 or CP5. Whichever takes your fancy?

OR

From Suite 5 - Action to get your life working – setting goals and building your resources

Listen to AN2

This Depression Recovery Programme is like boarding a train. All that is needed is that you are sitting back as the train slowly picks up speed. Let the changes happen and you will know where next to go. Depression recovery is about changing the direction of a downward Depression Vicious Cycle spiral into a positively reinforcing Virtuous Cycle.

Each of the five suits of audios is self standing and valuable on its own. And from each, you can progress onto the next.

If you find that you are not ready to start at the beginning of the programme (the first suite audio no 1), choose one from the five above. And notice what the changes are and where you go next.

There is another option.

Email me at drp@andrewmrichardson.co.uk – and tell me what your question is.

A page for any Notes you may wish to make



Five Suites of Audios

1. Hope and Firefighting (4 audios)

- HF1 Building Hope (20 mins)
- HF2 Hope Meditation (25 mins)
- HF3 Firefighting (17 mins)
- HF4 Relaxation and Needs (26 mins)

You must listen to Hope & Firefighting first – ideally more than once for each of the four. Listen to HF1 and HF2 over the first week and HF3 and HF4 in the second week.

It is really important that the message of these four audios embeds into you unconscious. You will be evaluating how you are, both before and after listening to these HF audios – and most of you will be feeling a little lighter and more hopeful by the end. But if you are not, then please keep going – for there is so much more that will shift things for you.

2. Trauma Release (7 audios)

- TR1 Preparing (23 mins)
- TR2 Straightforward (25 mins)
- TR3 Extended (22 mins)
- TR4 Confused (22 mins)
- TR5 Depression (25 mins)
- TR6 Future (22 mins)
- TR7 Hidden (6 mins)

This will be the next stop for most of you – unless the Q2 Depression and Q3 Trauma questionnaires strongly suggests not. I do advise that you spend all the time you need on these TR audios – for at least a week and probably longer. And if you bypass Trauma Release at this stage to move to other audio suites – either Clearing Patterns or more likely Action, you may well return later. The critical importance of this set of audios for most of you is that trauma of some kind plays a part in the large majority of depressed individuals.

You will see that there are seven Trauma Release audios – so this set of audios will require your time and attention – as you find the right audios for you. You certainly do not have to listen to all of them all. But spend the time you need listening to the first TR1 preparing audio and then go where it next seems appropriate. The Q3 Questionnaire will also be an important guide to how to use these important Trauma Release audios.



3. Relax (7 audios)

- R1 Introduction (7 mins)
- R2 Three Techniques (10 mins)
- R3 Priming (8 mins)
- R4 Anchoring (9 mins)
- R5 Body Scan Meditation (12 mins)
- R6 Breathing Meditation (16 mins)
- R7 Anxiety Control (21 mins)

These are for your regular use through the whole programme and indeed also after you have completed the programme. So enjoy exploring these to find your favourites.

For most of you, the first time you will begin to use these is after Trauma Release, as you can expect to be much calmer and able to use the Relax methods more effectively. But if you find that Trauma Release is not required then Relax is your next stop.

4. Clearing Patterns (5 audios)

- CP1 Introduction (14 mins)
- CP2 Metaphors (13 mins)
- CP3 Growing Up (14 mins)
- CP4 Narrative Reframing (20 mins)
- CP5 Learned Behaviours (20 mins)

This suite is partly about teaching exactly what the role of emotions is in generating depressions. There is also a couple of powerful audios for clearing emotional patterning that are not working for you – CP3 and CP4. The Q4 Patterns Questionnaire will also help.

For many of you, this will be the natural next step before the Action audios – while for some; you will come back to these from Action as you uncover barriers to taking the action that is needed.



5. Action (5 audios)

- AN1 Introduction (4 mins)
- AN2 Auditing Needs (17 mins)
- AN3 Building Resources (37 mins)
- AN4 Attention and Tips (22 mins)
- AN5 Goals & Rehearsal (19 mins)

This suite is about getting your life back on track. After the AN1 introduction, AN2 and AN3 are the key audios, but with AN4 a useful dispenser of knowledge and context – before the empowering final audio (AN5).

You are ready to set goals, build up your resources and get your life into better balance. You will also have a clear idea of the barriers that are stopping you achieve this and if they cannot be resolved easily – what next to do about this.

**All sound recordings (Music & Voice work) implemented by:
James Winston, Sound Business Music Production Company, Woodford Green.**

**Tel 0208 559 0444
Mobile 07860 188388
Email Jim@soundbizaudio.com**



What will be your Route to Depression Recovery?

Full Route: Hope & Firefighting -> Trauma Release -> Relax -> Clearing Patterns ->Action

You will have listened to and worked through the first Building Hope and Firefighting suite. Both HF1 and HF2 are very important and then also HF3. And you will have noted the extent to which these have helped to lift your mood and reframe and calm you. HF4 is a longer meditation and is optional but if you do listen to it, it does set you up well for the next stage.

Then you go to Trauma Release – beginning with the TR1 preparing – which then takes you to the right TR audio or audios for you. To call these audios helpful is an understatement I hope – transforming might be a better word.

You then enjoy and become familiar with the Relax suite of audios – to find those that are now really helping you to develop your capacity to relax and be calmer.

Then you go to the Clearing Patterns suite – to clear emotional responses that are less powerful than trauma. CP1 introduction will naturally lead to subsequent CP audios that are appropriate. The most ambitious is CP4 – Narrative Reframing. But all have great value and are worth listening to carefully as many patterns that need to be cleared are only evident by looking in the right place.

And finally go to the Action suite. After the AN1 introduction, AN2 and AN3 are the key audios, but with AN4 a useful dispenser of knowledge and context – before the empowering final audio (AN5).

Short Route: Hope & Firefighting -> Action with Relax

But perhaps you did go the Relax audios and bypassed Trauma Release because the Q3 Questionnaire judgment was these did not apply to you. No matter – the important thing is that you are feeling better than you were at the beginning and getting on with what is needed for life changes and calming

Direct Route: Hope & Firefighting -> Clearing Patterns -> Action

And then to Clearing Patterns – to clear emotional patterns that are less powerful than trauma but are nevertheless leading you away from a life that will work for you. It is possible though that you have come to these series of Clearing Patterns audios from the Action series of audios – which for most of you are the next step after Clearing Patterns.

Back & Forth Route:

The Action audios set goals so you can undertake actions and change in order to get your life working better. But while working through these, you may have discovered that there are barriers to the action you need to take and you may have identified certain emotional patterns. So you have come now to Clearing Patterns audios or Trauma Release before returning to the Action set.

A page for any Notes you may wish to make



Self Assessment Questionnaires

Q1 Evaluation

Complete Q1 at the beginning of Hope & Firefighting and at the end of each subsequent completed stage.

This is a simple and reliable measure of the progress you are making. At the beginning, you will probably be scoring on the right hand side for most questions but also for most of you, there will be a scoring move leftwards as you proceed with the programme. And you may be interested to see which audios lead to the big movement.

Q2 Depression Diagnosis

Complete Q2 at the end of the Hope and Firefighting suite.

You will find your answers to these questions as helpful in setting you onto the depression recovery route that is right for you. This questionnaire will also help you to understand much more clearly what are the particular circumstances and causes of your depression.

Q3 Do you have Trauma

Complete this Q3 questionnaire also at the end of the Hope and Firefighting suite.

This will help to make clear to you what you can expect from the Trauma Release audios and whether you should go to them now.

Q4 What are your Patterns?

You should look at Q4 after you have completed Trauma Release.

BUT you will probably have to revisit this questionnaire a number of times as it requires you to keep a daily mood diary so you can identify your emotional patterning – in real time as it were. Many of you will find that the best time to do this (keep a diary and complete the Q4 questionnaire) is while you are listening to the Relax audios. That time can be an encouraging interlude for you - between the profound changes wrought from Trauma Release and before the final parts on Clearing Patterns and Action.



Self Assessment Questionnaires concluded

Q5 Your Needs Audit

Complete Q5 before you listen to AN2 – which is the second of the Action audios.

Q5 asks seven questions - about how well your life is working now, in terms of your essential needs. The AN2 audio is about this as well. You will see in this questionnaire, my Pagoda Needs Evaluation. Knowing where you are now – in terms of how well your essential emotional needs are being met is the first step in setting the Action you will be taking

Q6 Looking after Yourself

It is best to take this questionnaire before you listen to AN3 for the first time.

AN3 is a very important audio –to build your resources and before the final rehearsal and goal setting. It lasts for over 30 minutes and includes an extended period of trance.

Q6 reminds you of what you know are good for you – to maintain both your physical and emotional health.

Q7 Life Balance and Q8 Emotions

Review your answers to Q7 and Q8 at the end of the Action audios

As you complete these questionnaires and Q1 for the last time, you will be able to judge the progress you have made and what you need to do now.

Andrew Richardson HG.Dip.P, MHGI

Now in his mid sixties and with a successful Human Givens private practice since 2005, Andrew trained in Human Givens therapy 2002-2004 and holds the Institute's Practitioner qualification. He also holds the Advanced Certificate in Human Givens and is an accredited member of the Human Givens Institute.

Andrew is on the General Hypnotherapy Register

He is a specialist military trauma specialist – helping survivors of Afghanistan, Iraq, Bosnia, Northern Ireland and the Falklands.

Andrew's book "The Depression Optimist" is an Amazon best seller and you can view his Depression Optimist YouTube channel.

Andrew was diagnosed with Multiple Sclerosis (MS) fifteen years ago - but its manifestation is not standard. He has lost much of his ability to walk unaided but little else. He works from his home in East London.

Final page for any Notes you may wish to make