



Dagboek Van Een Depressie

Julia Schneider



Dagboek Van Een Depressie:

Dagboek van een depressie Ursula Goldmann-Posch, 1986 Depressie bij Vrouwen: Herkennen, Begrijpen en Overwinnen van Melancholie Boreas M.L. Saage, In *Depressie bij Vrouwen Herkennen Begrijpen en Overwinnen van Melancholie* wordt een diepgaand inzicht geboden in de unieke aspecten van depressie zoals deze zich bij vrouwen manifesteert Dit boek belicht de specifieke lichamelijke emotionele en gedragsmatige kenmerken van depressie bij vrouwen met bijzondere aandacht voor hormonale invloeden en levensfasen zoals de postpartale periode en de overgang De melancholie die vaak kenmerkend is voor vrouwelijke depressie wordt zorgvuldig geanalyseerd evenals veelvoorkomende begeleidende verschijnselen zoals angststoornissen en chronische pijnklachten Praktische zelfhulpmethoden vormen een belangrijk onderdeel van dit boek Lezers vinden concrete handvatten voor dagstructurering het bijhouden van een stemmingsdagboek en activiteitenplanning Ook worden fysieke aspecten behandeld waaronder bewegingstherapie voedingsadviezen en technieken voor betere slaaphygiëne die kunnen bijdragen aan het herstelproces Relationale uitdagingen krijgen ruime aandacht met strategieën voor effectieve communicatie met partners het hervinden van intimiteit en het omgaan met veranderende rollen binnen relaties Het boek biedt tevens inzicht in hoe familieleden kunnen ondersteunen en hoe sociale netwerken kunnen worden onderhouden tijdens periodes van depressie Voor wie professionele hulp zoekt worden verschillende therapeutische benaderingen besproken van gedragstherapie tot medicamenteuze behandelingen inclusief informatie over werkingsmechanismen en mogelijke bijwerkingen Complementaire therapievormen zoals kunst en muziektherapie worden eveneens behandeld Tot slot bevat het boek waardevolle adviezen voor werkhervatting en carriëreplanning met aandacht voor stapsgewijze reïntegratie aanpassingen op de werkplek en het vinden van een gezonde werk-privé balans tijdens en na een depressieve episode

Psychopathologie. Een wegwijzer in de geestelijke gezondheidszorg G. Van Aelst, 1997 *Depressie en Melancholie: Een Praktische Gids voor Begrip en Ondersteuning* Boreas M.L. Saage, Dit uitgebreide handboek biedt een grondige verkenning van depressie en melancholie waarbij zowel theoretische kennis als praktische ondersteuning centraal staat Het boek is opgedeeld in vijf hoofdstukken die systematisch behandeld worden

- 1 Grondbeginselen van depressie waarbij lichamelijke en psychische symptomen in kaart worden gebracht inclusief specifieke vormen zoals postpartale depressie en existentiële crises
- 2 Concrete hulp voor mensen met depressie met praktische zelfhulpstrategieën zoals dagstructurering activiteitenplanning en stresshantering Verschillende bewezen technieken voor stabilisatie worden uitvoerig besproken
- 3 Therapeutische benaderingen waarin zowel psychotherapeutische methoden als medische behandelopties worden toegelicht Ook complementaire behandelvormen zoals lichttherapie en voedingsadviezen komen aan bod
- 4 Begeleiding door naasten met concrete handvatten voor effectieve communicatie en ondersteuning Er is specifieke aandacht voor het bewaken van eigen grenzen als mantelzorger
- 5 Het herstelproces waarbij verschillende fasen van genezing worden beschreven en handvatten worden geboden voor

terugvalpreventie en sociale re integratie De informatie wordt ondersteund door duidelijke grafieken en praktijkvoorbeelden Het boek biedt zowel mensen met depressieve klachten als hun omgeving concrete handvatten om met de aandoening om te gaan en stappen richting herstel te zetten Geschikt voor iedereen die meer inzicht wil krijgen in depressie en melancholie of direct of indirect met deze aandoeningen te maken heeft **Indisch dagboek** C. K. Elout, 1926 **Lektuurgids**, 1987

Depressie is geen ziekte B. Vansant, 2009-10-31 DEPRESSIE ALS POSITIEF KRUISPUNT IN JE LEVEN Volgens onderzoek zijn in Europa momenteel 17 mensen op 100 depressief Omgerekend naar België heeft dat 1,5 miljoen depressieven De Wereldgezondheidsorganisatie voorspelt dat dit aantal nog zal toenemen Bob Vansant legt op een kritische manier de maatschappelijke wortels van het fenomeen bloot Overstress leidt immers automatisch tot depressie De auteur bepleit een maatschappelijke aanpak in plaats van de farmaceutische en biologische psychiatrie die ons wil doen geloven dat er voor al onze problemen een pil bestaat Bob Vansant toont ook aan dat moeders ontzettend belangrijk zijn in het voorkomen van latere depressies Hij bepleit dan ook een herwaardering van de moederrol in onze samenleving Het boek doet tevens concrete suggesties zowel aan depressieven als aan hun omgeving hulpverleners en politici De auteur brengt ook diverse getuigenissen waaronder die van zijn eigen depressie Het boek maakt ons duidelijk dat mensen in depressie niet gestoord zijn maar wel verstoord Bob Vansant 1954 is psychotherapeut en publiceerde reeds meerdere succesvolle boeken over depressie Wacht niet tot het donker wordt Hoe kan ik helpen Omgaan met de depressie van anderen en Dagboek van een psychotherapeut In deze volledig geactualiseerde uitgave van *Depressie is geen ziekte* laat de auteur weer blijken dat hij de Nederlandse autoriteit inzake alternatieve depressiebehandeling is *De sociale vormgeving van depressie* Jette Westerbeek, 2010 Depressieve gevoelens zijn moeilijk objectief vast te stellen Hiervoor is altijd het verhaal nodig van de mensen zelf Dit verhaal en de manier waarop het wordt verteld hangt deels af van de sociale context De manier waarop mensen over hun depressieve klachten vertellen blijkt te variëren naar tijd en naar gender Dit boek laat de sociale vormgeving van depressieve gevoelens zien in een specifieke situatie de spreekkamer van de psychoanalyticus in de tweede helft van de vorige eeuw Daarnaast wordt een tiental recenter gepubliceerde autobiografieën over depressie geanalyseerd Depressie blijkt niet goed begrepen te kunnen worden als een strikt individuele ervaring Het is nauw verweven met de situatie waarin en met de persoon aan wie over de depressieve gevoelens wordt gecommuniceerd **Aarde** James F. Luhr, 2004 *Brinkman's catalogus van boeken en tijdschriften*, 2001 With 1901 1910 1956 1960 Repertorium is bound Brinkman's Titel catalogus van de gedurende 1901 1910 1956 1960 Title varies slightly

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