

Brisbane Therapist claims: “Depression not an illness”

According to Brisbane therapist, Judi Shearer, depression is not an illness. Instead she argues, “It is an unconscious defence that happens when major differences between ideal and actual realities conflict on a daily basis.”

Judi Shearer, public speaker, lecturer, coach, and therapist, explains that, ““People who suffer from depression experience a sense of loss associated with their ‘lived’ life, in contrast with their ideal one. Depression is essentially a form of acute grief.”

Judi continues, “The term ‘mental illness’ adds an obstructive stigma to the already difficult struggle people have with depression.”

“Our society - including family, friends, teachers, colleagues, the media - sends out messages about what is acceptable,” Judi says. “This promotes a so-called ‘right way’ of thinking, which is absorbed by our rational selves. But only 12% of our conscious mind is aware, the other 88% is the unconscious mind which encompasses a wide range of memories and feelings that involve creative, spiritual and secular issues.” Rappaport a research scientist proved and wrote in his book (1971) that emotion is the basis on which memory takes place. It is the language of the unconscious mind.

“The process to overcome depression generally involves giving up some of old beliefs, values and perceptions and working on both conscious and unconscious levels,” Judi explains. “There are thousands of internalised messages given to us by parents, teachers, and the like, which act as criticisms of who we are and what we do. When these critical messages become overwhelming the body shuts down to protect itself from the idea not being ‘enough’.”

“As our consumerist culture focuses on what we don’t have in our lives, it is not surprising that many of us don’t feel ‘whole’ and that reported cases of chronic depression are constantly increasing,” Judi says.

“Depression may be the result of post-traumatic stress,” Judi explains. “Repressed emotions such as grief and anger resulting from an abusive relationship or financial hardship may rise to the surface years after the original event, causing chronic depression.”

“In order to relieve depression it is helpful to access the unconscious mind where we can experience a deeper level of understanding about ourselves and develop a genuine understanding of how positive and creative we can be. Legitimate assistance for those with depression also involves an integrated plan that includes diet, exercise, relaxation and meditation, as well as addressing issues such as hormonal imbalances and chronic pain.”

Judi Shearer, Director of Wow! Consultants, offers specialised private sessions for individuals and groups suffering from depression. While one-hour consultations are available, sessions spanning 2, 3 or 5 days in a safe, relaxed environment are recommended to give the support and encouragement required to create meaningful change towards a healthy, balanced life.

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