

# Conversations

## MAKING MEANING OUT OF TRAUMA

REAL PEOPLE. REAL STORIES. *with* DIANA KENDROS

**In this Trauma Talk Blog Post, we explore what depression is, how we can know if we - or someone else - is suffering from it, and what can be done to treat it. And we ask this question: How can you know what to do, if you don't first understand the problem?**

**This is a subject that is very close to my heart.**

When my son, fell ill we didn't know what to do. He was failing in school. He could barely function. We knew we had to take drastic measures to keep him safe and get him help. But we didn't know what the problem was or what could be done to help him. We learned that everything revolves around a proper diagnosis. It turns out that this is a lot trickier than we ever imagined. We needed help.

**As a parent you always wonder if you had known what you do now, if you could have done something to avoid all, or at least some, of the trials and tribulations.**

**This is why we are dedicated to teaching mental health education courses and hosting our Blog Series and Podcast.**

We hope that sharing our stories and the advice of our experts will help you and yours.  
*Diana and Jan*



*What Do You Do When?*  
YOU THINK YOU HAVE DEPRESSION

Our Featured Doctor



VERIFIED BY

Psychology Today

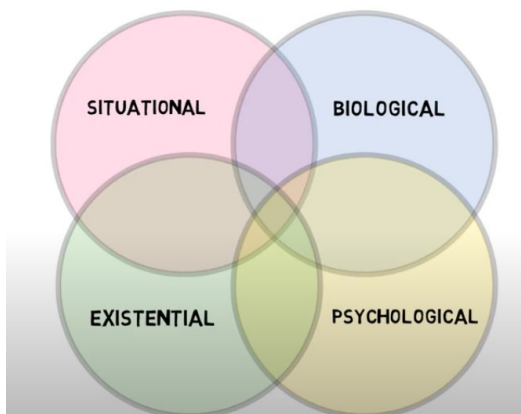
## **John G. Cottone Ph.D.**

John G. Cottone, Ph.D., is a psychologist in private practice and clinical assistant professor of psychiatry within the Renaissance School of Medicine at Stony Brook University.

His research—on psychotherapy outcome, executive functioning and the neurological correlates of schizophrenia—has been published in acclaimed peer-reviewed journals, including Archives of General Psychiatry, Psychotherapy, and Journal for the Scientific Study of Religion.

[Read Bio](#)

### **4 TYPES OF DEPRESSION**



Watch Dr. Cottone's  
Video

### **Four Types of Depression on situational, biological, psychological, and existential depression.**

Virtually everyone has some experience with depression; however, the term “depression” has so many different meanings that confusion and invalidation often result when laypersons talk about their experiences.



In this article, I describe four different types of depression: situational,





I have created a simple schema, based on my work with patients and my own personal experiences, to help people understand each other better when talking about depression.

**biological, psychological, and existential.** While this schema does not represent a formal diagnostic model, I believe it can be helpful, especially for laypersons, to better communicate what they're experiencing so they can get the help and validation they most need.

[Read Full Article](#)

## Our Video Corner

### Dr. Sue Varma If You've Felt Depressed, This Doctor's Advice Is For You

**Depression is considered one of the biggest causes of disability by the World Health Organization (WHO).** It affects over 300 million people around the world.

Only 1/3 of those who actually get diagnosed know self help or can find the right help.

**In this 7-part series, MedCircle covers how you can find the motivation to beat depression and be happy.** In doing so, the series goes a long way in erasing the stigma surrounding this condition.



Despite your background, you will walk away with self help advice for living optimally & finding the motivation to beat depression and be happy.

**This series will give you the tools to be happy - straight from a psychiatrist.**

## Video Toolkit & Personal Story

This interview provides tools for dealing with the signs of depression.

**Ginger Zee excels at her career and leads a fulfilling**

family life.

**She appears to be the picture of happiness - but this takes work.**

Even today, she continues to proactively use coping mechanisms she learned in the psych wards once she spots the signs of depression.



## How to Deal with a Depressive Episode

Living with Depression Part 5



**Armed with the self-help tools she learned in the psychiatric hospital, and the many lessons she learned from past life obstacles, she is successfully managing her mental health.**

## Dr. Tracey Marks Video Series



Tracey Marks, M.D., is an Atlanta psychiatrist and psychotherapist, specializing in the interplay between mind and body, and how it shapes our quality of life.

## Directory and Reviews for Online Therapy

*Please stay safe and healthy  
Diana and Jan*

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