



AM I DEPRESSED OR STRESSED?

Darilyn Bixenman MA LPC

A photograph of two people from behind, looking out over a waterfall. The person on the left is wearing a red hoodie and blue jeans. The person on the right is wearing a grey hoodie and grey leggings. They are standing on a rocky ledge, looking down at a waterfall cascading over large rocks. The background is filled with green and yellow foliage.

Welcome

OVERVIEW

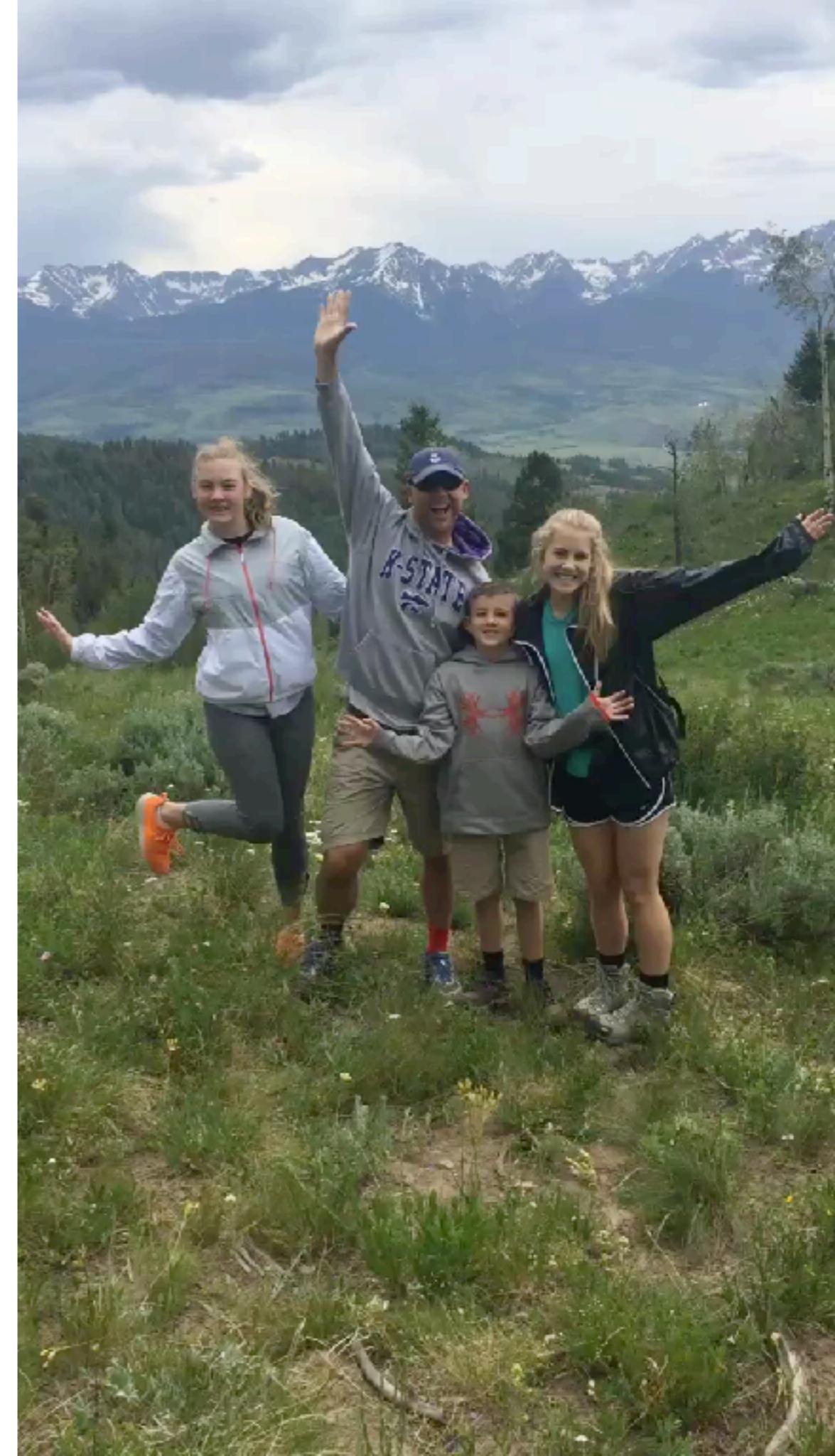
- introductions
- definitions: stress v. depression
- key diagnostic points
- clinician response
- Some thoughts PDD
- Q & A

DARILYN BIXENMAN, MA LPC

CATHOLIC* NATIVE* THREE KIDS*
SUPERMAN FOR HUSBAND*CREIGHTON
UNIVERSITY *UNIVERSITY OF
COLORADO *TWENTY YEARS*ADOPTION
FIELD* HIV/AIDS FIELD*WOMEN'S
MENTAL HEALTH* PRIVATE PRACTICE*

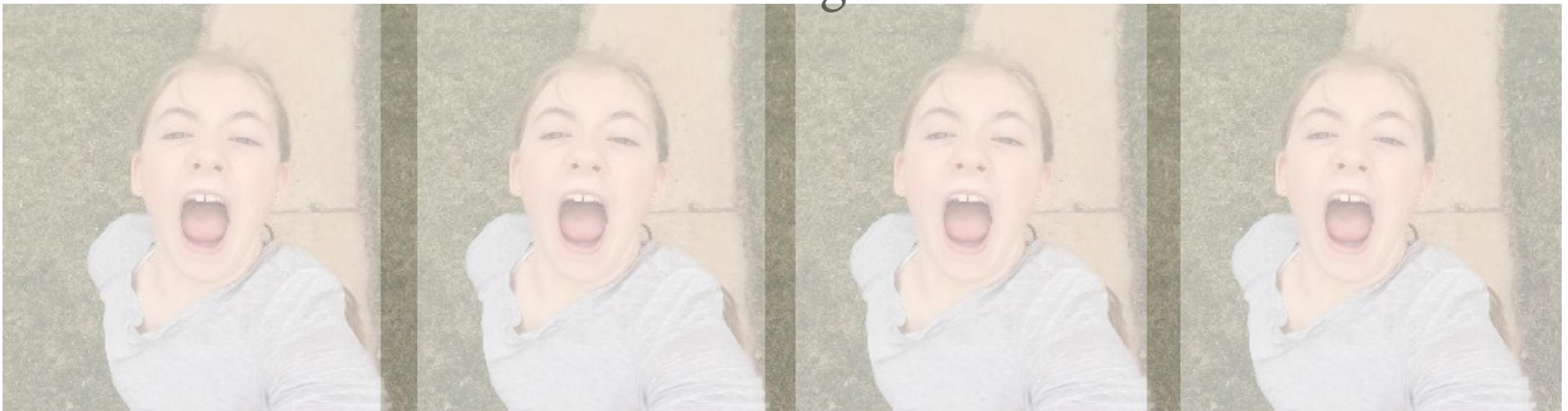
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I LOVE WHAT I DO.



STRESS

- Stress response: “Fight or Flight”
- Perceived threat to self from past learning experiences
 - environment, emotional, **physical**, financial,
 - psychological well-being
- Symptoms of anxiety or depression may be present
- Diminish after time and self-regulation



DEPRESSION

*Five or more of the following symptoms must exist nearly **all day** everyday for at least **two weeks**:*

- *Depressed mood*
- *Diminished pleasure in activities*
- *Weight loss or weight gain*
- *Insomnia or hypersomnia*
- *Psychomotor agitation or retardation*
- *Fatigue or loss of energy*
- *Feelings of worthlessness or guilt*
- *Diminished ability to think or concentrate*
- *Recurrent thoughts of death or suicidal ideation*

***Depression affects all areas of work, love and play*



*KEY DIAGNOSTIC POINTS

	Stress	Depression
History	Situational Triggered by events or environment Decreases when trigger is gone	Genetic or familial hx/organicity May not be presence of environmental trigger Does not decrease after situational stress is gone
Severity	Maintains adequate level of functioning Responds to resources and help May not be observable by others as severe	Marked change in behavior/lack of functioning Unable to respond to resources/help Observable by others as severe
Time	May not continue all day, every day May only exist during the time of situation	Continues all day, nearly every day Two weeks or longer

CLINICIAN RESPONSE

HOWS

How long?

How intense?

How come?

WHATS

What are the skills?

What are the resources?

What is the safety plan?

WHERES

Where can you go now?

Where can you seek support?

*Where do you see yourself in
seven days?*



SOME THOUGHTS....

- Postpartum depression/
Postpartum psychosis
- Relationship between women
and depression
- Spirituality as a tool
- Resources and Referrals

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PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____

DATE: _____

Over the last 2 weeks, how often have you been
bothered by any of the following problems?

(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

add columns

+ +

(Healthcare professional: For interpretation of TOTAL, TOTAL: _____
please refer to accompanying scoring card).

10. If you checked off *any* problems, how *difficult*
have these problems made it for you to do
your work, take care of things at home, or get
along with other people?

Not difficult at all	_____
Somewhat difficult	_____
Very difficult	_____
Extremely difficult	_____

NOTES

França UL, McManus ML (2018) Frequency, trends, and antecedents of severe maternal depression after three million U.S. births. PLoS ONE 13(2): e0192854. <https://doi.org/10.1371/journal.pone.0192854>

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