

Abstract

This dissertation describes my workings with a depressed client and my own process working with this illness as a former sufferer. I delve into the illness of depression in the literature review looking at the neurobiological underpinnings of this cruel condition and how the relevant brain circuitry involved can be reconfigured. The case study describes our time together and delves into a couple of key events that have evidenced a shift in my clients self-concept and gradual shift into accepting her feelings and emotions.

Acknowledgments

I must admit that I massively understated how hard this degree was going to be when I decided to embark upon it. As I work a full time day job it has been so hard to do both this and study as well as taking time to care for myself.

Along the way I have found my ability to study has been hampered by my own early development as a child often wanted to quit the course and slump into a depression at my failure, still I have continued.

I want to thank my therapist Sam as without him I think I would have gone crazy from the all the pressure I've felt, indeed without Sam I wouldn't have learned of The Sherwood Institute. I'd also like to thank my clinical supervisor Anna, she has taught me so much about myself