

Treatment for Anxiety & Depression

01/06/2012

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The general principle of treatment seems to be that medication will help you on the road to recovery whilst therapy and/or time will actually enable the recovery; well this is the case for anxiety and depression so they say. I am told to use the analogy of a broken leg, the medication is the plaster cast and pain killers and the time and physiotherapy exercise after the removal of the cast is the therapy. My only observation is that three and a half years is a blasted long time to mend a broken leg!

Below I consider the therapy and medication treatment I have accessed

Treatments - Therapy

My GP was slow to refer me for a non medical treatment.

From March to August 2010 I saw a Psychiatric Nurse weekly and we agreed targets and plans for me to address primarily my agoraphobia. We identified my relapse Signature.

In March 2011 I had ten sessions with the Well Being Clinic and I learnt to manage anxiety with relaxation and breathing techniques. We also identified tasks to for de-sensitisation.

I was then referred for Cognitive Behaviour Therapy.

Whilst on the waiting list for Cognitive Behaviour therapy I was offered 'Solution Focused Brief Therapy' Which I started in October 2010 and continue to use.

My current and most successful therapy is Solution Focused Brief Therapy.

Solution Focused Brief Therapy or Brief Therapy or Solution Focus is really a form of coaching. The significance for me is that the focus is on the positive rather than dwelling on the past or the negative.

So typical questions are the opener of 'So What has gone well in the last 2 weeks?' A

scale is often used as a base to see where you are now and to define what would be a ten, then to identify what would be different if you were to move one place UP the scale. Then focus on how that would make you feel, what would be different, what would others see to tell them you were a 6 instead of a 5 etc.

I always find the process positive and productive, leaving sessions feeling refreshed and good about what I have achieved rather than what I have not done or what has gone 'not so well'. Give it a go!

Treatment- Medication

I have been on various medication over the past three years for my anxiety and depression, including:

Citalopram,
Seroquel (Quetiapine)
Pregabalin (Lyrica)
Duloxetine (Cymbalta)
Diazepam

My initial visit, in June 2009, to the GP resulted in a prescription for Citalopram and a period of rest. The dosage of Citalopram was increased over 6 months from 10mg to 40mg a day. My condition got worse.

In March 2010 I saw Secondary care Mental Health Team. Following an assessment and Psychiatrist appointment my medication was changed to 60mg Citalopram and 100mg Quetiapine.

We moved to the Midlands in August 2010 so I was under the care of a new GP, The Well Being Clinic and a Psychiatrist. My medication was changed again to 60mg of Citalopram and 100mg Seroquel

In December 2010 my medication was changed to 60mg of Citalopram and 300g of Pregabalin (Lyrica)

In April 2011 my medication was changed to 90mg of Duloxetine (Cymbalta) and 300g of Pregabalin (Lyrica)

In October 2011 my medication was reduced to 60mg of Duloxetine (Cymbalta) and 200g of Pregabalin (Lyrica) and 5mg Diazepam when needed

In September 2012 my medication was increased back to 90mg of Duloxetine (Cymbalta) and 200 mg of Pregabalin (Lyrica) and 5mg Diazepam when needed