

It's Not Always Depression

Working the Change
Triangle  to Listen to the
Body , Discover Core
Emotions , and Connect
to Your Authentic Self 

Hilary Jacobs Hendel, LCSW

Foreword by Diana Fosha, PhD

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Fascinating patient tales and dynamic exercises assist you to connect to healing emotions, ease anxiety and despression symptoms, and find out your authentic self. •the most typical mental illness of our time. Fully experiencing core emotions we can enter an openhearted condition where we are relaxed, curious, connected, compassionate, confident, courageous, and apparent. • She shows us how to work the Modification Triangle inside our everyday lives and chart a deeply personal, effective, and hopeful training course to emotional well-being and psychological engagement. Rather, Jacobs Hendel found that they'd all experienced traumas within their youth that triggered them to put up psychological defenses that masqueraded simply because symptoms of unhappiness.s Not Always Despair, Jacobs Hendel shares a distinctive and pragmatic tool called the Transformation Triangle— Whereas conventional therapy encourages sufferers to chat through past events that may trigger anxiety and depressive disorder, accelerated experiential powerful psychotherapy (AEDP), the method practiced by Jacobs Hendel and pioneered by Diana Fosha, PhD, teaches us to recognize the defenses and inhibitory feelings (shame, guilt, and nervousness) that block core feelings (anger, sadness, fear, disgust, joy, excitement, and sexual pleasure). Spencer experienced crippling public anxiousness. In It' Jacobs Hendel led these sufferers and others toward lives recently capable of joy and fulfillment through an empathic and effective therapeutic strategy that draws on the latest science about the healing power of our emotions. how to have compassion for the child you had been and the adult you are.have value. why all feelings—actually the most painful— In these webpages, she teaches lay readers and helping professionals alike Bonnie was turn off, disconnected from her emotions. how to identify feelings and the defenses we set up against them. • ways to get to the root of anxiousness— Sara experienced a debilitating concern with asserting herself. •a guide to carry you from a place of disconnection back again to your true self. Jacobs Hendel provides navigational tools, body and thought exercises, candid personal anecdotes, and profound insights gleaned from her sufferers' impressive breakthroughs. These individuals all found psychotherapist Hilary Jacobs Hendel seeking treatment for depression, but in fact none of these were chemically depressed.



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HELPING YOU PAY ATTENTION TO WHAT MATTERS As a psychiatrist and therapist for over 40 years I've always encouraged my sufferers to focus on how they are feeling and thinking. The book is extremely readable and chock full of concepts which will enlighten clients. This practical and clearly written self-help book written by a gifted therapist helps the reader find out the incredible importance of understanding and accepting our core emotions and the variety of ways we use defenses and other emotions (anxiety, guilt, and shame) to protect us (even though they cause us pain as well). I learned a whole lot about myself while scanning this publication. She introduces you to The Transformation Triangle, a conceptual tool, a map, to understand our emotions and discover what we are doing with them that limit our awareness and growth. Without jargon or overly technical explanations, she presents the latest theories and discoveries in cognitive psychology, neuroscience and mindfulness meditation. Obviously written and helpful guide by a skilled psychotherapist Hilary Jacobs Hendel is actually a skilled psychotherapist and a terrific writer, as both these characteristics come through abundantly in "It's Not Always Depressive disorder. She describes clearly and compassionately the many ways we've of avoiding feelings with the layers of defenses, protective feelings, and automatic emotional reactions. Like the majority of people I have handled periods of depression during my existence. I'm steeped in the contemplative traditions and procedures as well and I know of no better approach to change concerning give space and focus on embodied experience, as difficult as it may be. & most important this publication offers expect gaining understanding, acceptance and healthy ways to manage our deepest feelings. Jacobs feels if you use this process it gets to the main of anxiety which is the beginning point for other mental illnesses such as depression. It makes for a gradual read, particularly if (like me) you would like to contemplate the information and apply it to your daily life. This gives us a window into how our minds work and how important it is to pay attention to our anatomies and our emotions whenever getting together with others (and ourselves). The reserve offers hope and path. Larry Drell, MD Anxiety And Depression Therapy Services Washington, DC One of the biggest self-help books I've come across! This is actually the second book in this process to therapy called Accelerated Experiential Dynamic Psychotherapy. Hendel really wanted to get as a lot of the healing potential of therapy (specially the style of therapy she practices, Accelerated Experiential Dynamic Psychotherapy) into the book as possible and make it as available as possible, using simple language. I learned a long time ago to hear her when she informs me about herself. It may not have been helpful as I am already deeply steeped in this approach and the new wave of emotion, experiential, and trauma focused methods to psychotherapy. I was motivated to get hold of the writer for a life coaching appointment. There are great exercises and also transcripts and several visuals to make feeling of the triangle of

encounter and self-other-emotion. I am recommending this to many of my customers. The book is filled practical techniques of observation and mindful awareness skills to help one become more in touch and accepting of our core emotions. Not the best. I could immediately see how it could be applicable to help many people who are struggling with difficult emotional problems, including anxiety, major depression and trauma. I tried the "gold standard" approach of Cognitive Behavioral Therapy (CBT) and the newer mindfulness-based Acceptance and Commitment Therapy (ACT), as well as medication, meditation, workout, and countless other activities everyone always recommends. Each of them helped relatively, but I couldn't help feel that they hardly ever touched the center of my emotional pain. One day, I happened to read Hilary Jacobs Hendel's op-ed in THE BRAND NEW York Times titled "It's Not Always Depression, Sometimes It's Shame." The story of "Brian", whose parents had supplied for him materially but neglected him emotionally, spoke to me, and something essential clicked when Hendel called his experience "a kind of trauma." When I saw that Hendel was publishing a fresh reserve with the same name as her article, I jumped at the opportunity to buy it. Trauma was a term I had always associated with experiences want warfare, automobile accidents, rape, or natural disaster. More optimistic than practical Yeah, it was okay. For me, it is extremely valuable to use when customers are stuck in their minds trying to find something out, while departing the wisdom of their emotions and bodies behind. The Switch Triangle has turned into a great component of my daily life, and this information pays to not only with depression and stress, but also with all other emotions. In this reserve, Hendel explains how to reconnect together with your feelings and with your true personal, what she phone calls "the openhearted state", seen as a calm, compassion, clearness, connectedness, confidence, and courage. No therapist required. The other superb book being "Living Like You Mean It" by Ron Frederick. The result is admittedly even more pragmatic than immediately inspiring. She writes with openness, compassion and humor that provides the reader the chance to understand what she is feeling and how she thinks and how she manuals her patients to greatly help them discover their true power. It isn't easy work, and could require operating through it with a therapist. But Hendel's book adds a wealth of details from neuroscience, attachment theory, emotion research, and scientific practice that will be useful to anyone thinking about heading deeper. Hendel was doing a brave and risky thing in causeing this to be information, heretofore available only to mental health professionals, widely available in a publication for everyone. Diana Fosha, the founder of AEDP, expresses in the Foreword to the publication a veiled apprehension about having her life's function loosed upon the globe, out of her cautious guardianship, though I don't think she need be concerned. This book is therefore something special of deep compassion, and I'm incredibly grateful she devote the task and dedication to

understand this info out to as many folks as possible. I specifically valued the inclusion of specific techniques for working with feelings like anger, panic, and shame; furthermore, Hendel goes into significant depth about the nature of trauma, the elements that can contribute to our anxiousness or shame, and offers moving, relatable stories from her very own therapy practice. It's not a perfect book. Deeply Valuable I learned all about Hilary's "Modification Triangle" after becoming involved with the AEDP community. Thank you, Hilary for providing all of us a road map toward linking with this most authentic Self.) What's more, I don't feel Hendel emphasized the potential pitfalls of trying to do this work on your very own. AEDP is normally a deeply interpersonal type of therapy, and this results in in both Fosha's Foreword, and Hendel's moving clinical vignettes. As a parent I really saw how much shame and guilt I was heaping on my child and I felt terrible about it after scanning this book. I previously examine Tina Gilbertson's delightful Constructive Wallowing: How to Beat Bad Feelings by Letting Yourself KEEP THESE THINGS, which covers quite similar ground as Hendel, and we find myself using her T-R-U-T-H technique a lot more than the Transformation Triangle, though they accomplish basically the same thing. But this is vital details in a world which seems to revolve around operating from our emotions, and each page is brimming with empathy and compassion for her clients and for her readers. This is an extremely good choice for therapists and clients alike I love this publication. I'm so happy I found out about it from the Shrink rap Radio podcast. While organized as a self-help publication, I'd think therapy patients could get even more out of this book by using it with input and responses from their psychotherapist. This book isn't just good for myself, but in might work as a therapist. I am now including the Switch Triangle in a lot of my work with clients. It has opened up a fresh and accessible line of inquiry. It's written for the lay person so it is easy to comprehend and follow the exercises outlined. (I note that, to date, many of the positive reviews are by therapists rather than laypeople. Highly recommend for counselors and therapists Hillary Jacobs Hendel put excellent work into this book, going for a succinct basic idea (the modification triangle) and elaborating on it with well-written sophistication. To deny or prevent one's true feelings and feelings leads to a multitude of problems and symptoms from states of depression to stress and everything in between. HJH, as a fellow professionally, I cannot let you know how much this publication helped me. A Detailed Plan THAT CAN BE DONE At Home - Not All Emotions Are Clinical Depression This is the first book for laypeople that explains, teaches, and gives a roadmap for an activity formerly only utilized by certain psychoanalysts with their patients. This publication teaches AEDP (Accelerated Experiential Dynamic Psychotherapy) which when you can use by yourself in the home for those who have the get to read this nonfiction book and put the information to use. Kudos to Hilary Jacobs

Hendel for this compassionate, useful and timely reference. The author is a tuned and obviously skilled therapist and writes openly about her own struggles and discoveries. This method may also of course be used by psychotherapists to make use of in classes with their sufferers. That example everyone probably knows about and accepts. Think: nervous about giving a presentation at the job or in a class and you feel butterflies in your stomach, sweaty hands, increased heart rate, etc. In a nutshell, the idea is that life encounters cause emotions, and feelings create brain-based biological procedures which cause physical symptoms in your body. I held researching and researching until I ran into this reserve. Very informative My daughter is studying psychology and wants to be considered a therapist. She wanted to read this reserve about a different method of therapy. I got eventually to it before she did and really experienced it. Her approach reminds us and focuses on our innate health insurance and teaches how to use that better. She shares a whole lot of patient accounts to demonstrate what she's discussing. I came across it extremely beneficial and an extremely interesting read. I am also introducing It's Not Often Depression to my regular monthly Therapist Peer Support group! I think most people would think it is beneficial to read this reserve. When her book came out, I immediately got it and enjoyed it." Such "small t traumas" are often easy to overlook, but can deeply wound our ability to experience what we sense and (by expansion) be who we really are. I recommend to anyone who would like to form an improved relationship with their feelings and thoughts, especially those people who are experiencing regular depression and anxiousness symptoms. But reading her article delivered me on a path of searching, which eventually led me to the work of Bessel van der Kolk, Pete Walker, Beverly Engel, and others who recognized that things such as misuse, neglect, bullying, or additional more workaday adverse encounters can result in comparable symptoms as those more apparent traumas. Any other way is avoidance. Where has this reserve been all my life!" She successfully translates a potentially complex type of therapy (AEDP) into richly referred to case scenarios using non-technical language that's accessible, helpful, and engaging. I may be biased to be a trainee in this approach but I didn't truly know what to expect with this book. I acquired no clue how exactly to help her. In this publication, Hilary Jacobs Hendel goes deeper, she targets seven feelings. Hilary Hendel Jacobs is definitely a quality of life saver!! It is filled up with examples from her personal lifestyle and her work with patients to help you understand the need for discovering and accepting your emotional responses and how to use that understanding to better navigate your daily life. Using the methods outlined in this book, you get to the main of your feelings and it can help you realize ways to overcome deeply ingrained feelings. The publication is written so that you can do yourself a favour. It's taken me almost a year to complete the book. Though if you wanted to utilize a therapist make sure to discover

one that is aware of the AEDP technique she utilizes. I want this book have been written years ago. She's as genuine and authentic as her writing. Because of HHJ we realize my child isn't depressed and our romantic relationship is much stronger right now because I am able to provide her the understanding she needs. Especially when we're coping with trauma, the presence of a compassionate other is vital. But I've found this publication to be absolutely fantastic. It's well worth the examine. She distills this knowledge into a multitude of useful tools and skills to better understand, acknowledge and use our emotions to enhance our lives. My teen daughter was diagnosed with clinical depression, but she kept saying she wasn't depressed. As a psychologist who is familiar with many types of psychotherapy, however, not AEDP, I was intrigued to find out more about this approach. This book is a brave and risky gift of deep compassion that I'm very grateful For many years I'd been seeing doctors who had diagnosed me with main depression and social anxiety. Who doesn't want an accessible technique, that helps us are more aware of, understand and then better manage our feelings, toward learning to be a more authentic Self? Repeat: this is a method you can use AT HOME by yourself, at no cost to you except to get the book. The Switch Triangle she uses is definitely a helpful shorthand for our uneasy relationship with this emotions, but I'm not really convinced that framework (created for clinicians) will achieve success as self-help device for a general audience, because of the degree of self-awareness required. One of the best & most helpful books I've read As a twenty 12 months old university student, I not only really enjoyed scanning this publication, but have gained therefore very much practical and useful here is how to better take care of my overall wellbeing. I've begun downloading the "Change Triangle" and using it as a handout with clients. In this publication, Hendel calls these "small t traumas" (as opposed to "Big T Traumas"), and makes the point that "we all have been just a little traumatized. The "Switch Triangle" helps reorient your client to his/her/their body, and bring recognition to sensations, defenses, core emotions, and moves the therapeutic process ahead in meaningful ways toward an open-hearted condition.



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