

"Knowledge Dispels Fear"

The Depression Self Help Plan



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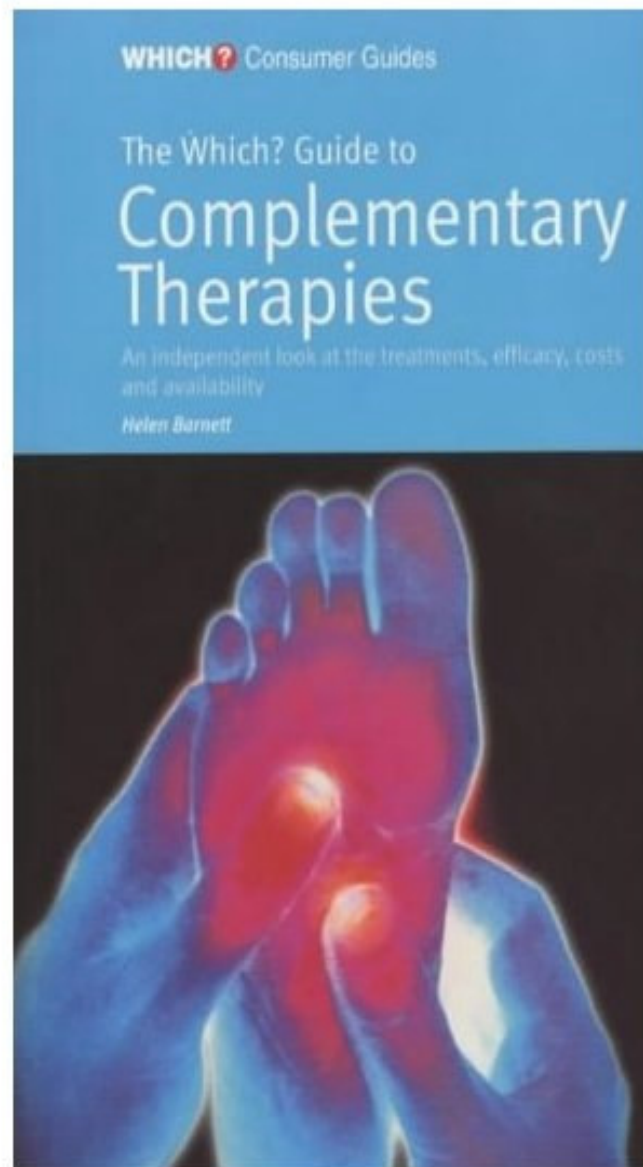
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Session (7) Complementary Therapies

Caution

The Depression Self-Help Plan is designed as a self-help tool for clinical Depression. It is important that you do not diagnose yourself as suffering depression but see your Doctor for an assessment and diagnosis, because there are some medical conditions whose symptoms can mimic those of depression such as thyroid gland problems, pernicious anaemia etc, and if this is the case then it is vital to get it diagnosed and treated by your doctor. If you have any health problems and/or are taking any form of regular medication, are pregnant, then discuss with your doctor before using the depression self-help techniques outlined in this course. The techniques outlined in this course are designed to be used in conjunction with any treatment from your Doctor, not as an alternative to standard treatment by your doctor. The techniques outlined in this self-help plan, such as relaxation, exercise, etc. may cause a few people on long-term medication to require a reduction to their medication; this should not be done by the individual but by their doctor. Do not practise techniques like relaxation while driving a car, or doing any other activity that needs concentration for safety and do not drive immediately after using a relaxation technique, acupuncture or any other technique that makes you drowsy. We also advise that you do not make any life changing decisions such as leaving a job or ending a relationship until you have recovered from your depression, otherwise you may make a mistake that you later regret.

Recommended Reading: Complementary Therapies



Barnett H. (2002) *The Which? Guide to Complementary Therapies*, Which Consumer Guides.

Introduction

“A holistic approach to mental health recognises the complexity of factors that contribute to a person’s sense of wellbeing and acknowledges the real but partial answer offered by any one approach to treatment.”

(Feeding Minds: The impact of food on mental health, 2004, Mental Health Foundation)

Complementary therapies are not new; they have been used for many thousands of years. For example, it is thought that acupuncture was developed in China 5,000 years ago. However, complementary therapies are not a cure all, there can be risks in delaying orthodox medical treatments for certain conditions and there are some conditions which cannot be alleviated by complementary therapy, however complementary therapy is still useful in helping the client to cope by giving them a sense of control, helping them to feel they have an influence and are not totally powerless.

There are benefits for both pharmaceutical and complementary therapy treatments but both can also have drawbacks. Many drug treatments have been developed but these often only control the symptoms and do not necessarily cure the disease. Medications can be problematic due to side effects, for example it has been estimated that two thousand people die every year in the United Kingdom due to non steroidal anti inflammatory drugs causing stomach ulcers that eat through the stomach wall eroding an artery resulting in severe blood loss. Neither orthodox medicine nor complementary therapies is the sole answer. It is important to combine the best of both treatments.

There have been only a limited number of research studies carried out into the effectiveness of complementary therapies; so many more need to be done. The gold standard of orthodox medical research are random controlled trials, however for a variety of reasons these have not always been possible with complementary therapies, for example one person may find hypnotherapy useful for a particular condition and yet another person, with the same condition, may not. Although Complementary therapy has not been as well researched as orthodox medicine and is not a panacea for all ills, however complementary therapies have existed for thousands of years and they have lasted this long because people have found that they help.

If you are being treated for a chronic health problem it is important to see your GP before taking any form of complementary treatments, such as herbal medicines, because they can interact with orthodox medications. It is also important that you have a diagnosis from your doctor before you use complementary medicines. Here is a list of some of the complementary therapies that many find helpful:

- Acupressure
- Acupuncture
- Ear Acupuncture
- Herbal Medicine
- Homeopathy
- Hypnotherapy
- Massage
- Nutrition
- Reflexology
- Reiki
- T'ai Chi
- Yoga

Now we go on to discuss a few of the more common types of complementary therapy.

Acupressure

“One of the main functions that acupressure has is to affect the body’s ability to handle stress through the autonomic nervous system.”

(C. Ionescu-Tirgoviste)

Acupressure is a form of complementary medicine; it is a close relative to acupuncture. Acupressure is the application of finger-pressure to acupuncture points on the body; it is needle-less acupuncture. Acupressure uses the same principles as acupuncture, but the advantage that acupressure has over acupuncture is that people can use it on themselves with very little training, without causing harm, whereas with classical body acupuncture where needles are used, a very detailed knowledge of human anatomy and physiology is required to ensure blood vessels, nerves and organs are not punctured when inserting acupuncture needles into the body.

In a study on the value of acupressure to help depression, a research team from the Graduate Institute of Nursing, National Taipei College of Nursing, Taipei, Taiwan, Republic of China, and published in the American Journal of Chinese Medicine in 2004, looked at the effectiveness of acupressure on depression in patients receiving haemodialysis. The study participants were randomly divided into three groups, one group received acupressure, the second group received Transcutaneous Electrical Acupoint Stimulation and a third group were the control. Patients in the treatment groups received 15 minutes of acupressure treatment, three times a week for a month. The results from this study indicated that the groups of patients who received acupressure or Transcutaneous Electrical Acupoint Stimulation had significantly lower levels of fatigue, improved sleep and reduced depression compared with clients in the control group who received standard care.

A free acupressure software programme called “Point Finder” is available to download from the Internet. It shows a list of different physical and psychological symptoms and the location of the acupressure points to help those symptoms; we have included a link here to this free online acupressure software programme:

<http://med.stanford.edu/personal/pointfinder/>

PointFinder
The Online Acupressure Guide
Text and Illustrations © Kevin T. Boyd
Jump to:
[Warnings](#) | [Directions](#) | [Acupoint Finder](#)
[Browse Symptoms & Points](#) | [About](#)
NEW! [Acupressure & Do-in for PalmOS](#)
[Buscador Del Punto - En Español](#)
[Finder Do Ponta - Em Português](#)
Introduction
Acupressure, acupuncture, and related practices Do-in, G-Jo, Shiatsu, and Myotherapy, practiced in Asia for thousands of years, have only gained wider acceptance in the West in recent times. Traditional Asian medicine emphasizes personal responsibility for one's health. This page is designed to put the relief of common and minor discomforts and symptoms into your own hands.
By learning how to stimulate your own pressure points, you can relieve minor or moderate symptoms, and reduce the need for nonprescription drugs. Unlike most drugs, relief is usually immediate.

Auricular Acupuncture

“In 1990, the Director General of the World Health Organisation proclaimed to an international gathering that – “Auricular Acupuncture is probably the most developed and best documented, scientifically, of all the Microsystems of Acupuncture and is the most practical and most widely used.” (World Health Organisation)

Auricular Acupuncture or Ear Acupressure as it is more commonly known, is similar to body acupuncture but with ear acupressure stimulation is applied to the external ear. It is a method of treating a variety of physiological and psychological health problems by the stimulation of certain acupuncture points on the external ear.

It is thought that Classical body acupuncture was originally discovered in China over 5,000 years ago; it is thought ear acupressure was also discovered in China at around the same time, however it has been, until fairly recently, a poor relation to classical body acupuncture. A French Physician from Lyon in France, the late Dr Paul Nogier, began to research and develop modern ear acupuncture in the late 1950's after seeing one of his patients cured of sciatic back pain with the use of ear acupuncture. He carried on researching and refining the therapy for over 40 years until his death in the late 1990's. In fact his work is so well regarded that the Chinese refer to him as the Father of modern ear acupuncture.

Doctor Nogier's research indicated that there are over 100 acupuncture points on the external ear and that when these points are stimulated they are believed to influence the various organs and systems in the body. Nogier discovered that the position of these ear points and zones were approximately in the position of an upside down foetus, superimposed on the external ear, with the head located around the lobe of the ear. His research also indicated that every part of the body had its own representative acupuncture point on the external ear, and that stimulation of one of these points influenced the corresponding organ/area of the body linked to that particular ear point. The western, Nogier version of ear acupuncture is based on a western scientific model, whereas the Chinese version is based more on the Traditional Chinese Medicine Model.

There are a variety of methods for stimulating ear acupuncture points such as lasers or needles, but these methods are not recommended for self-help use. There is another stimulation technique that is ideal for self use called Ear Acupressure stimulation where small steel balls or seeds can be applied to ear acupuncture points. This method is very easy to learn, but it is important not to treat yourself for any undiagnosed problem or if you are pregnant.

You can buy an ear acupressure kit called The Presspoint: Ear Acupressure System from www.acupropress.com/presspoint/

One of the leading organisations in the United Kingdom for Auricular Acupuncture is the Society of Auricular Acupuncturists. Their telephone number is 01189 773 433, contact them for details of your nearest practitioner.

Acupuncture

“There is a lot of research to show that different neurotransmitters are released in the brain (by acupuncture) and those have different effects throughout the body including pain reduction and reducing inflammation” (Dr Brian Berman, Professor of Medicine, University of Maryland)

Acupuncture is a type of complementary medicine and is a branch of Traditional Chinese Medicine where very thin needles (the thickness of a human hair) are placed into a variety of acupuncture points on the body. Acupuncture is around 5,000 years old; it was developed in China but has spread around the world. A lot of people think acupuncture is only a treatment for pain but are unaware that acupuncture can be used to treat a wide range of physical and psychological health problems. The British Medical Association recently brought out a report on acupuncture and concluded that acupuncture works, is safe and should be available on the NHS.

There is a growing body of evidence such as brain scan, ultrasound, etc, that now show acupuncture triggers direct and measurable effects on the body. At the University of California at Irvine, researchers have shown that when an acupuncture needle is placed in a point on the side of the foot that Chinese theorists associate with vision, sure enough, the visual cortex in the brain lights up on functional Magnetic Resonance Imaging scans. Neuroscientist Seung-Schik Yoo of Brigham and Women’s Hospital in Boston, Massachusetts has shown that when a needle is placed in a point called “Pericardium 6” on the wrist known in Chinese medicine as a sensitive point for nausea, the part of the brain that controls the vestibular system which affects balance and nausea, lights up on scans.

Some people can be put off acupuncture because they are not happy with needles and think they will cause pain, this is not correct, because acupuncture needles are very thin, about the width of a human hair. If you don’t like needles, it needn’t put you off having acupuncture because acupuncturists have a machine called an electronic acupuncturescope. Researchers at the Department of Anaesthesiology at Wayne Country General Hospital in Michigan and published in the Journal of Electrotherapy Research in 1992, used electro acupuncture on 85 patients suffering psychological problems including depression. The data revealed a beneficial effect in 78% of the patients.

One group of researchers at the University of Arizona in the USA found that acupuncture seemed to be as effective as antidepressant medication or psychotherapy. In yet a further study published in the Journal of Psychological Science, a group of women suffering clinical depression were treated with either acupuncture or no treatment, for 8 weeks. Not only did 64% of those receiving acupuncture say their symptoms had disappeared, but also the remission rate of those receiving the acupuncture was nearly double that of those receiving no specific treatment.

One of the leading organisations in the United Kingdom for Classic Body Acupuncture is the British Acupuncture Society. Contact them for details of your nearest practitioner, their telephone number is 0208 735 0400.

Homeopathy

“A growing number of double blind, randomised controlled trials have shown significant benefits with homoeopathic treatment compared to a placebo. Studies combining the results of these clinical trials suggest that it is more than twice as effective as a placebo.” (Helen Barnett)

Homeopathy is a form of complementary therapy that uses ultra minute doses of plants, minerals and some animal products to stimulate the body’s own inherent healing powers to return a person to physical and psychological well being. The term homeopathy comes from the Greek language and means similar suffering (like cures like), which is a fundamental law of homeopathy. Homeopathic remedies are so dilute that no original molecules remain but it is thought the remedy leaves an energy imprint. It is very safe so can be used for babies, pregnancy and during breast-feeding.

Homeopathy was discovered by a German Physician called Dr Samuel Hahnemann (1755-1843) who became disillusioned with the orthodox medicine of his day, which mainly consisted of purging and bleeding patients. Although Hahnemann is regarded as the father of Homeopathy, the Greek Physician Hippocrates also talked about the technique of like curing like.

One homeopathic combination remedy called Quietude, made by Boiron, a French homeopathic manufacturer, has been used to help reduce stress, anxiety and insomnia. A scientific study was performed to see if it could help reduce stress/anxiety/insomnia, compared with a minor tranquilliser. The results from this study showed that the Quietude combination homeopathic remedy increased sleep time, reduced interruptions during sleep, reduced nervousness and reduced nervous tension 63% of the time. The homeopathic remedy also had the advantage over minor tranquillisers in that there were no side effects and it did not cause daytime drowsiness. 73% of the Quietude users said the product was better than other treatments.

Homeopathy is the only type of complementary therapy that is integrated into the National Health Service, there are 5 homeopathic hospitals in the United Kingdom which are in Liverpool, London, Glasgow, Bristol and Tunbridge Wells, your doctor can refer you there on the NHS and you don’t have to pay for treatment.

Homeopathic remedies that you can purchase from health food shops and chemists like Boots can be very useful for mild problems, but with more serious conditions like depression it is always best to consult a qualified homeopath.

One of the leading organisations in the United Kingdom for Homeopathy is the Society of Homeopaths; they hold a register of qualified homeopaths. You can find their contact details in the resources section of this session.

The telephone number for the Society of Homeopaths is 0845 450 6611

Massage

“Massage reduces physical and emotional stress, reduces pain and insomnia . . . ” (www.massagemag.com)

Massage is one of the oldest healing techniques and is probably nearly as old as the human race. Massage and touch are natural responses, when we hurt ourselves we rub the injured area. It is used in every culture on the planet and even in the earliest part of the 20th Century was still in use in the National Health Service before treatments began to be dominated by medication. Our skin is full of millions of nerve receptors that are linked to the nervous system. It is known that the skin and nervous system are connected because a single part of the developing foetus known as the ectoderm gives rise to both. Massaging the skin stimulates the parasympathetic branch of the Autonomic Nervous System that helps switch off the fight/flight response and reduces the levels of stress hormones circulating in our blood stream, this causes positive changes in our internal biochemistry, physiology and psychology so we become more calm and relaxed.

There are over 600 muscles in the body and when the fight/flight response is triggered the stress hormone adrenaline causes them to tense ready for action. If the muscles remain chronically tense, as they can when we are under chronic stress, this can give rise to muscle pain and higher levels of a chemical called lactic acid, which is known to induce feelings of anxiety. Massage has been shown to reduce muscle tension, lower blood pressure, positively influence feel-good brain neurotransmitters like Dopamine and Serotonin, reduce blood cholesterol levels, boost the immune system, stabilise blood sugar levels, improve lung function, reduce the number of visits people take to see their doctor and improve work productivity.

Dr Tiffany Fields PhD is Director of the world-renowned research centre The Touch Research Institute. This Unit carries out research on the psychological and physiological benefits of massage and the health problems that massage can help. Research from The Touch Research Institute, published in the Journal Psychosomatic Obstetrics, Gynaecology in June 2004 studied 84 women who were in the second trimester of pregnancy. They were split into three groups: one group received massage, another group practiced a relaxation technique called progressive muscle relaxation and the final group received standard pre-natal care only. The massage group received two, 20-minute massage sessions from their partner for 16 weeks of pregnancy. Immediately after the massage treatment on the first and last days of the 16-week treatment period the women reported lower levels of anxiety and depression as well as less leg and back pain. At the end of the study the massage group also had higher dopamine and serotonin levels and lower levels of the stress hormones cortisol and noradrenaline. The massage group had better neonatal outcome (less incidence of prematurity and low birth weight).

One of the problems with massage is that some people are uncomfortable taking off their clothes, however this need not be a problem because there are types of massage called Head Massage and On-Site Massage where the massage is done through clothing. One of the leading organisations for Head Massage in the United Kingdom is The London Centre of Indian Champissage, telephone number 0207 60 93590.

Reflexology

“Reflexology can be a natural, low cost option to offsetting the effects of stress on heart and overall health.”

Reflexology, also known as Zone Therapy, is a complementary therapy that involves applying pressure to certain reflexes on feet, hands or ears. These reflexes are thought by Reflexologists to be related to the organs and systems of the body. It is not a new complementary therapy, it has been in use for thousands of years and is thought to have been discovered in China. Reflexology really began to take off in the west in the early part of the 20th century. Dr William Fitzgerald, an ear, nose and throat Consultant, who in the 1920's was able to carry out minor operations after anaesthetising an area by pressure on part of the foot, is regarded as the father of modern reflexology along with Physiotherapist, Eunice Ingham. Doreen Bayley went to the USA to train under the guidance of Eunice Ingham and she brought reflexology back to the United Kingdom in the 1960's.

Reflexology theory like acupuncture theory says that energy (Chi) flows around the body and when it is freely flowing health is present but when the flow of Chi becomes disturbed or blocked then disease is the result. Reflexology works by helping the Chi to flow around the body unimpeded. According to reflexology theory there are reflex areas in the feet and hands corresponding to all parts of the body and these areas are arranged in such a way as to form a map of the body, with the right foot/hand corresponding to the right side of the body and the left foot/hand to the left side of the body.

Studies have shown that Reflexology can be used to reduce anxiety and stress. Being diagnosed and treated for cancer has been shown to be a source of considerable anxiety. A study published in the January-February 2000 issue of Oncological Nursing Forum looking at the effects of foot reflexology found that patients with anxiety and pain from breast and lung cancer experienced a significant decrease in their anxiety. A Chinese study presented at the 1993 China Reflexology Symposium has shown that reflexology is a useful stress management tool to help reduce tension and nervous exhaustion (neurasthenia). Subjects received a course of reflexology on a daily basis and the results revealed that 40% experienced a complete cure, 35% were greatly improved, 15% mildly improved, and 10% reported no change at all.

Complementary therapies, when used in conjunction with orthodox treatments, can often increase the effectiveness of standard treatments. For example research carried out by the Mental Health organisation Mind in Sussex looked at the value of counselling and reflexology to help people with psychological health problems. The data from this study revealed that the study participants tended to make more progress when they received both counselling and reflexology.

One of the leading organisations in the United Kingdom for Reflexology is The Association of Reflexologists their telephone number is 0870 567 3320.

T'ai Chi

“Increasing amounts of scientific evidence suggest that Mind Body exercise such as T'ai Chi are related to improvements in mental health, emotional well being and stress reduction.” (Stanford Prevention Research Center)

T'ai Chi Chuan or T'ai Chi (pronounced tie chee) as it is more commonly known, is a series of ancient Chinese exercises that have been used for thousands of years to improve physical and psychological well-being. Traditional Chinese Medicine philosophy says that we all have a life energy (called Chi) flowing throughout our bodies which must be able to flow freely to give us optimum health; when this energy is blocked then ill health results. T'ai Chi involves performing slow graceful, fluid movements which are combined with relaxation breathing techniques intended to promote the flow of Chi throughout the body.

T'ai Chi is based on a slowed down version of the Chinese Martial Arts and has been described as moving meditation because the movements are made in slow motion involving every part of the body from the smallest joint to the largest muscle. Some of these moves have fascinating names such as 'Pushing the boat out,' 'Rock spreads its wings,' 'The Crane,' 'Sun and Moon,' 'Holding the ball,' 'Holding the moon.' When learning T'ai Chi one of the most important things you will be taught is relaxation breathing. It is easy to learn, any one can use it young or old and it can be practiced anywhere; in China many of the parks are full every morning with people of all ages practising T'ai Chi. Tricia Yu in her excellent book *T'ai Chi: Mind and Body* (2003), Dorling Kindersley, says, "To my surprise the elderly practising T'ai Chi moved with the balance and fluidity of young people."

Research has shown T'ai Chi is an excellent stress management tool making us more resistant to stress and providing many other widespread beneficial biochemical, physiological and psychological changes to occur, such as:

- Improves balance
- Strengthens muscles
- Lowers muscle tension
- Increases energy levels
- Improves insomnia
- Lowers blood pressure
- Reduces joint stiffness
- Induces relaxation
- Improves flexibility
- Improves depression
- Lowers stress hormones
- Improves general health
- Improves lung function
- Improves co-ordination
- Boosts immune function

In one study published in the *Journal of Psychosomatic Research*, researchers from the department of psychology at La Trobe University, Bundoora, Australia, looked at the influence of T'ai Chi on heart rate, stress hormone levels, and mood. The data from this study revealed that the participants said they felt less tension, depression, anger and anxiety.

Your local Adult Education Centre will run beginners, intermediate and advanced courses in T'ai Chi. Once you have learned T'ai Chi you should aim to practice for 20 minutes, at least 3 times a week.

The T'ai Chi Union for Great Britain is one of the leading organisations in the United Kingdom. Their telephone number is 0141 810 3482.

Yoga

“Yoga is among the oldest known health practices in the world, and research into yoga has a strong impact in the fields of stress reduction, mind body medicine and energy medicine. The physical postures, breathing exercises and meditation practices of Yoga have been proven to reduce stress, lower blood pressure, regulate heart rate, and even retard the aging process.” (Alternative Medicine: The Definitive Guide)

Yoga is a Hindu technique discovered 5000 years ago in India that relatively recently came to the attention of western nations for its role in improving psychological and physical well being. The word Yoga comes from Sanskrit “Yuj” meaning to yoke/union, meaning union of body, mind and spirit. There are several different types of Yoga and in the west the most common form is Hatha yoga. Yoga combines a variety of postures and relaxation breathing techniques.

For people who have stress related health problems such as Depression, there is a type of yoga called Yoga Therapy which was developed by an organisation called The Yoga Biomedical Trust. It combines the benefits of traditional yoga with modern medicine and research has found it to be effective for conditions such as anxiety, high blood pressure, heart conditions, hyperventilation, asthma, irritable bowel syndrome, multiple sclerosis, Fibromyalgia and chronic fatigue syndrome. Yoga Therapists are experienced yoga teachers who do a further two years of study to gain their yoga therapy diploma. To find your nearest Yoga Therapist contact Yoga Biomedical Trust, their telephone number is 0207 689 3040.

Many studies have been carried out into the clinical applications of Yoga. In a study looking at the value of Yoga in helping depression, which was published in Altern. Ther. Health Med, March-April 2004, a team of researchers from the University of California Los Angeles, USA studied a group of people suffering with mild depression who attended Yoga classes, twice a week for 5 weeks. The data from this study showed that the subjects experienced significant decreases in anxiety and depression.

Researchers from Pacific Graduate school of Psychology, Palo Alto, California, looked at the value of Yoga in helping reduce stress and improve mood in carers looking after relatives with dementia. They were given 6 sessions of yoga. The data from this study revealed significant reductions in depression and stress. The majority of carers found yoga useful. This study was published in the June 2004 issue of the journal clinical psychology.

You can learn Yoga at your local Adult Education Centre which will run basic, intermediate and advanced courses.

The British Wheel of Yoga is one of the UK’s leading organisations on Yoga. Go to their website where they have an online UK register of their recognised Yoga teachers. Their telephone number is 01529 306 851.

Resources Session (7)

Action Plan: Complementary Therapies

- | | Yes | No |
|--|--------------------------|--------------------------|
| ▪ Consider Consulting a Complementary Therapist | <input type="checkbox"/> | <input type="checkbox"/> |
| ▪ Borrow or buy the book recommended for this section of the course, The Which Guide to Complementary Therapies. | <input type="checkbox"/> | <input type="checkbox"/> |
| ▪ Consider using one type of complementary therapy to help support orthodox treatment from your doctor. | <input type="checkbox"/> | <input type="checkbox"/> |
| ▪ Consider learning T'ai Chi or Yoga | <input type="checkbox"/> | <input type="checkbox"/> |
| ▪ Consider downloading the free online acupressure program.
http://stanford.edu/personal/pointfinder/ | <input type="checkbox"/> | <input type="checkbox"/> |

Useful Self-Help Books, Videos/DVD's: Complementary Therapies

Acupressure

- Reed Gach M. (2004) Acupressure: How to Cure Common Ailments the Natural Way, Piatkus Books.

Ear Acupressure

- Chan P (1981) Ear Acupressure, Thorsons
- Blate M, (2005) G-Jo Ear Acupressure, The G-Jo Institute.

Acupuncture

- Hicks A (2005) The Acupuncture Handbook: How Acupuncture Works and How it can Help You, Piatkus.

Autogenic Therapy

- Bird J. (2002) Autogenic Therapy, New Leaf

Bach Flower Remedies

- Vennells DF, (2001) Bach Flower Remedies for Beginners: 38 Essences that Heal from Deep Within, Llewellyn

Complementary Therapy

- Barnett H. (2002) Which Guide to Complementary Therapy, Which Books.

Homeopathy

- Lockie A. (1998) The Family Guide to Homeopathy, Hamish Hamilton

Hypnosis

- Jackson A. (1990) Stress Control through Self Hypnosis, Piatkus.

Massage

- Bentley E. (2000) Step by Step Head Massage, Gaia Books
- Young J. (1992) Self Massage: a Complete 15 Minutes a day Massage Programme, Harper Collins.

Reflexology

- Ducie S. (1997) The Self Help Reflexology Handbook, Vermillion.

Tai Chi

- Parry R. (2005) The Tai Chi Manual: a step by step guide to the short form,
- Yu T. (2003) Tai Chi: Mind and Body, Dorling Kindersley.

Yoga

- Weintraub A (2003) Yoga for Depression, Broadway Books.

Videos/DVDs

- DVD: "Essential Self-Massage", Beckmann Visual Publishing.
- DVD: Tai Chi for Beginners (2002) East Action Video
- DVD: Indian Head Massage (2001) New World Music Ltd.
- DVD: Yoga for Beginners (2004)

Useful Self-Help Addresses: Complementary Therapies

Acupuncture

- British Acupuncture Council, 63 Jeddo Road, London W12 9HQ,
☎: 020-8735 0400, Fax: 020 8735 0404, Email: info@acupuncture.org.uk
Web: www.acupuncture.org.uk

Autogenic Therapy

- British Autogenic Society, Royal London Homoeopathic Hospital
Great Ormond Street, London WC1 3HR, ☎: 020 7391 8908, Fax: 020 7391 8908
Email: admin@autogenic-therapy.org.uk , Web: www.autogenic-therapy.org.uk

Ear Acupuncture

- Society of Auricular Acupuncturists, Woodpeckers, 19, Wildcroft Drive,
Wokingham, Berkshire, RG40 3HY, ☎: 01189 773433, Fax: 01189 775 957
Email: mail@auricularacupuncture.org.uk, Web: www.auricularacupuncture.org.uk

Head Massage

- The London Centre of Indian Champissage, 136 Holloway Road, London N7 8DD
☎: 0207 60 93590, Fax: 020 760 74228, Email: indianchampissage@yahoo.com
Web: www.indianchampissage.com

Homeopathy

- Society of Homeopaths, 4a Artizan Road, Northampton, NN1 4HU
☎: 0845 450 6611, Fax: 0845 450 6622, Email: info@homeopathy-soh.org
Web: www.homeopathy-soh.org

Hypnotherapy (Self Hypnosis Audio CDs)

- Divinity Publishing Ltd (UK) PO Box 313, West Malling, ME19 5WE,
☎: 01732 220373, Fax: 01732 220 374, Email: sales@hypnosisaudio.com,
Web: www.hypnosisaudio.com

Reflexology

- Association of Reflexologists, 5, Fore Street, Taunton, Somerset, TA1 1HX
☎: 0870 5673320, Fax: 01823 336646, Email: info@aor.org.uk
Web: www.aor.org.uk

T'ai Chi

- The Tai Chi Union, 1, Littlemill Drive, Balmoral Gardens, Crookston, Glasgow,
G53 7GF, ☎ 0141 810 3482, Email: secretary@taichiunion.com
Web: www.taichiunion.com

Yoga

- Yoga Therapy Centre, 90-92 Pentonville Road, Islington, London N1 9HS
☎ 020-7689 3040, Fax: 020 7689 3048, Email: enquiries@yogatherapy.org
Web: www.yogatherapy.org
- British Wheel of Yoga, Central Office, 25 Jermyn Street, Sleaford, Lincolnshire,
NG34 7RU, ☎: 01529 306 851, Fax: 01529 303 233, Email: office@bwy.org.uk
Web: www.bwy.org.uk

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