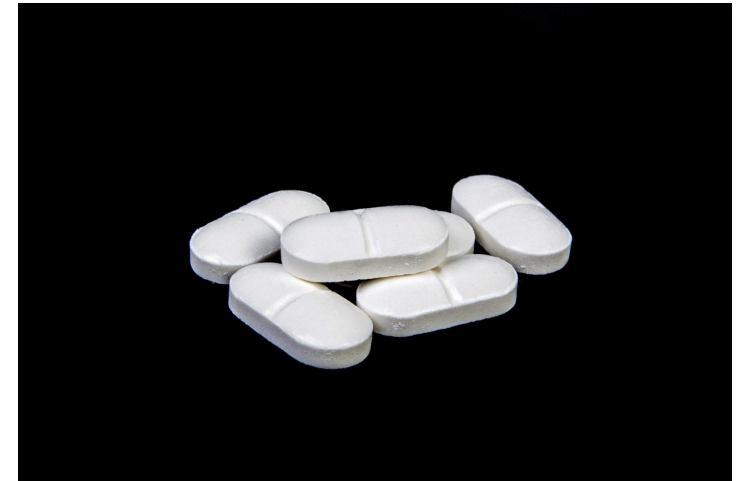


Treatments Past and Present

By Michele



Treatments Ancient Greece

*Aristotle described Black Bile as
"cold beyond measure producing
groundless despondency"*

Blood
letting

Hot
Baths

Exercise

Good
Diet

Music

Purging

Massage



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Still a widespread belief
that depression was a
result of upsetting the
Gods.

Middle Ages and Treatment of Melancholia

•The Church was the Authority on Illness.

•People with Mental Illness were often seen to be possessed by Demons, Devil or involved in witchcraft.

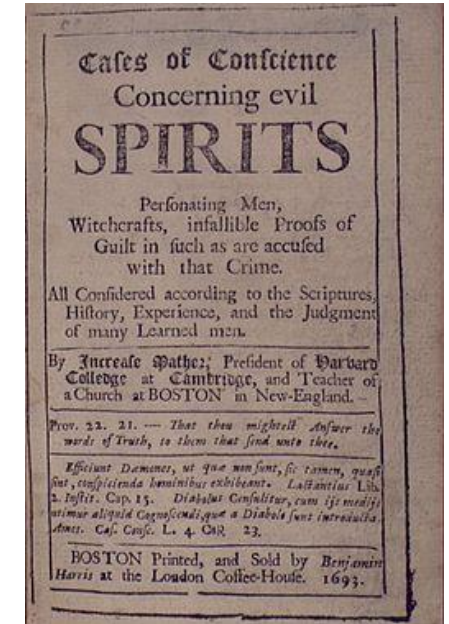
•Negative Emotions fogged the mind, froze the heart and chilled the body.

Exorcism accompanied by incantations and beatings.

Purging was conducted using herbs.

Drowning after being bound and thrown into the river.

Burnt at the Stake.

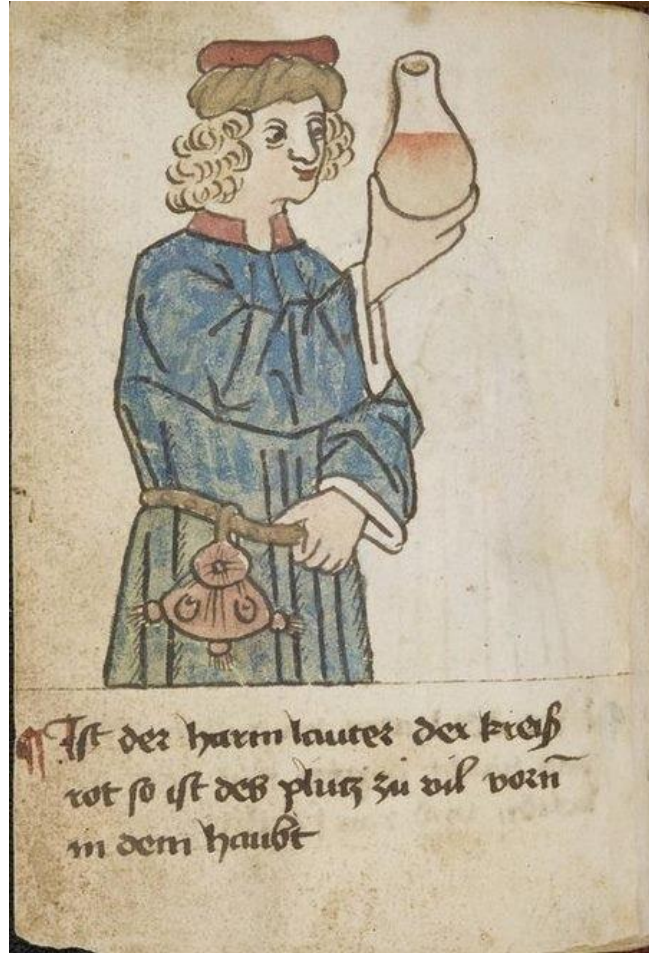


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Middle Ages and Treatment of Melancholia

The Zodiac chart was used to determine when to undertake treatments such as bloodletting.

Important piece of equipment was the urine flask which would be used whilst feeling the pulse.



Herbs, perfumes and flowers were important treatment of Melancholia.

Predominantly used by Monks and grown in their gardens.

Treatment of Melancholia/Depression in Age of Enlightenment

Mentally ill were seen as dangerous, weak in temperament so therefore isolated in asylums. Asylums were large and people were on display.

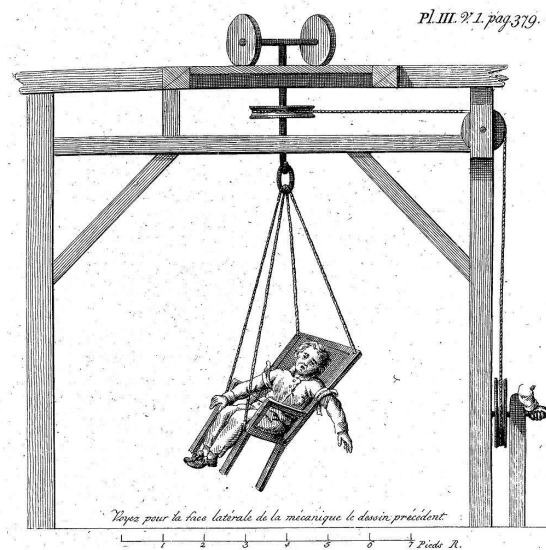
Dissection of the brain

Challenged Galens Theories.

In 1664 Thomas Willis published his findings.

DEVILISHNESS DEPICTED!
More of the Brutality
Of Our Insane Asylum.
Horrors of Cold Bath.
Choking Accomplished
Without Plug or Soup.

Newspaper article 1878



Cox's chair – 1804
Rotational Therapy
Swung back and Forth
For depression to increase mood.



People were confined to spending time in isolation, strait jackets were used. Hot and Cold Water Therapies.

Treatment of Melancholia/Depression in Age of Enlightenment

Franz
Mesmer
Introduced
Mesmerism
By Hypnosis

William Turke in UK (1790) established York Retreat which promoted Asylums as a place of safety for the Mentally Ill.



People were treated with kindness and patience and encouraged to undertake light manual labor, reading and conversation

Treatment of Melancholia/Depression in Victorian Era



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No Pharmaceuticals however drugs that were used were Opium, Ferrous Iodide, Arsenic, Ergot, Strophanthi and Cinchona.

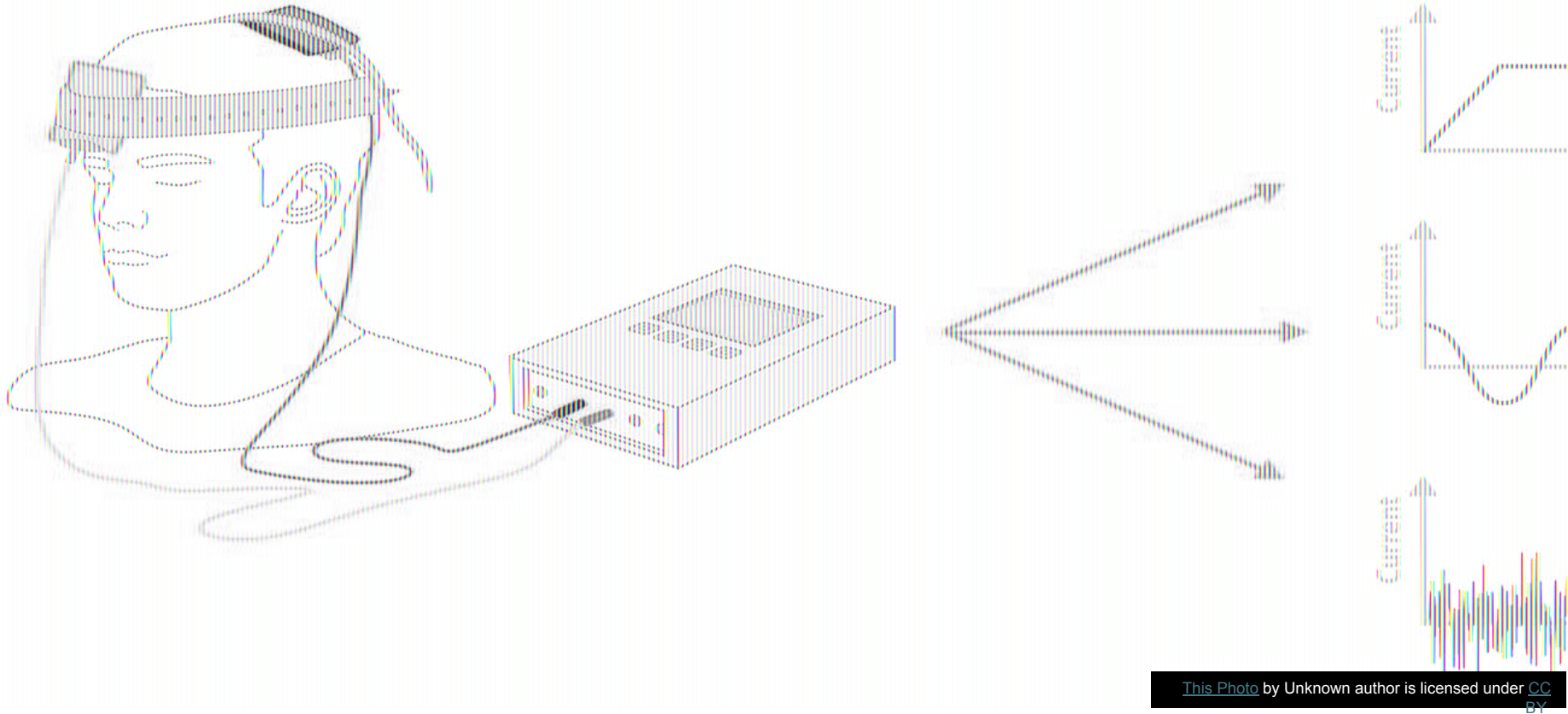
In 1870's Animal Thyroid was used to treat depression.



Music, Hot Baths and massage were all encouraged. Rest, relaxation and good diet.

Treatment of Depression in Modern Era

- Electroshock Therapy
- First used in 1938 by
- Ugo Cerletti.
- Still used today for severe depression

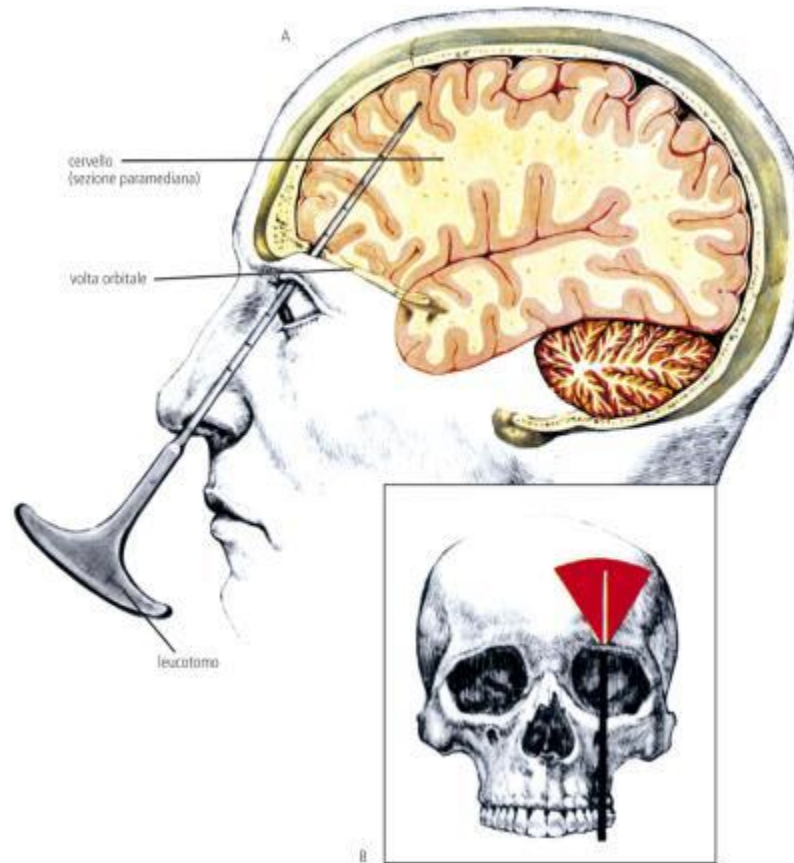


Treatment for Depression in Modern Era

The First Lobotomy
1935 Antonio Egas
Moniz
Drilled Hole and pumped
frontal cortex full of pure
alcohol.

A few patients saw
minor improvement in
symptoms, but many were
left unable to feed
themselves, talk or walk,

In the UK between
1940's and late
1970's performed on
patients with severe
depression,



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Treatment for Depression in Modern Era

Psychoanalysis 1895
Freud & Breuer

Gestalt Therapy
1940's Fritz Perls & Lara
Personal responsibility
And in the here and now

1950's Person Centered
Approach Carl Rodgers

Aaron Beck 1960's
Cognitive Behavioral
Therapy
Changing how you think
about things and ways
that you behave.

Talking Therapies

Dialectic Behavioural
Therapy Marsha
Lineham
1997
Uses CBT,
self- acceptance and
mindfulness to
help regulate emotions



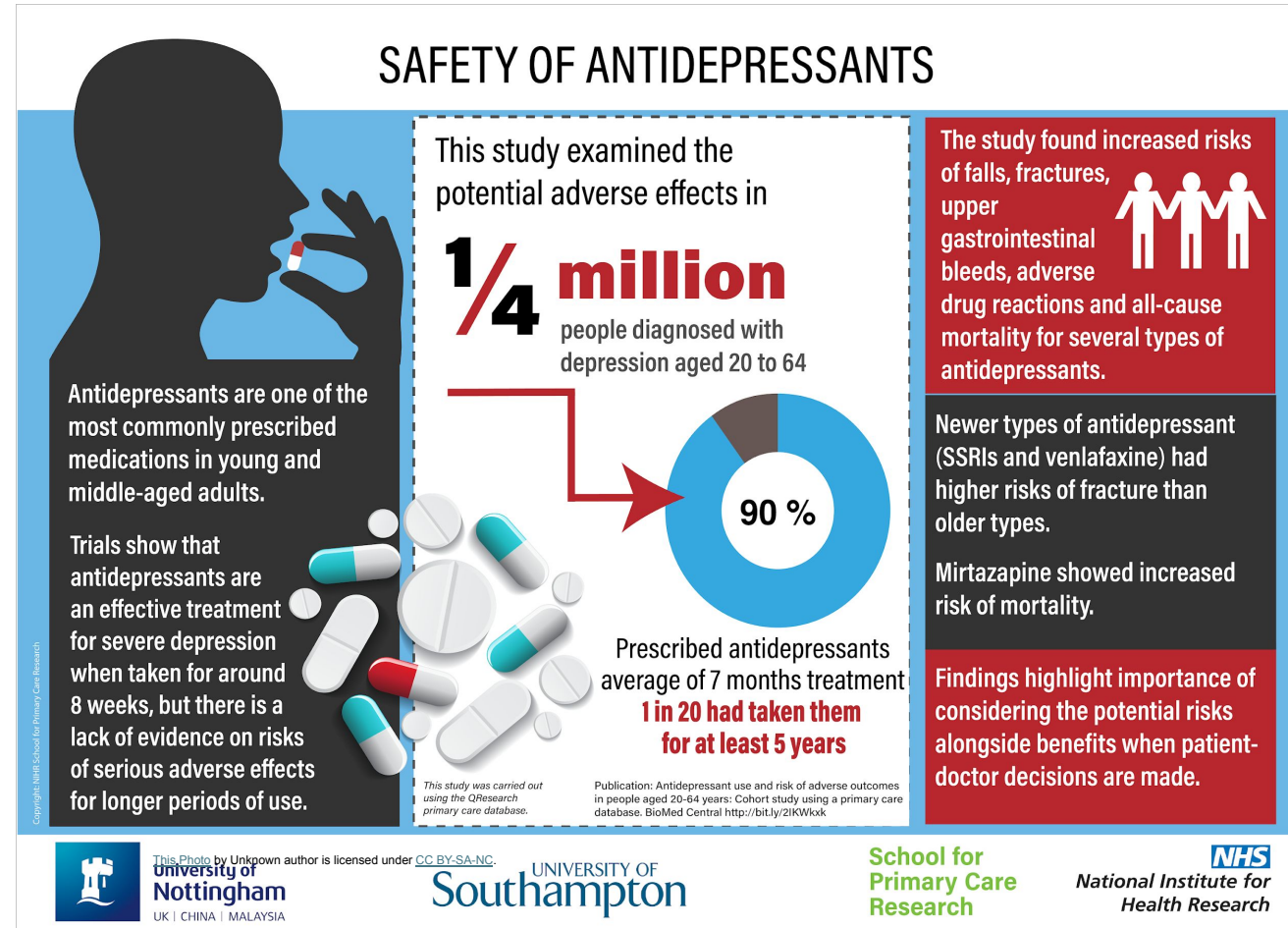
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Treatment for Depression in Modern Era

Drug Therapy

1952 onwards First Antidepressant
Tricyclic
Overdoses were lethal

SSRI's 1980s
Less side effects



Treatment for Depression in Modern Era



Play
Therapy

Schema
Therapy

Art Therapy

Hypnotherapy

Hydrotherapy

EMDR

Mindfulness - Meditation

Exercise – Gym
membership

Aromatherapy &
Massage

Music & Dance Therapy

Healthy Eating

Herbs & Supplements
St John's Wort, Fish Oil

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