



Addressing a Seasonal Pattern to Major Depression

Below is a list of some symptoms individuals who have major depression with seasonal pattern may experience:

Symptoms:

- lethargy
- Significant appetite changes
- Insomnia or hypersomnia
- Poor concentration
- Hopelessness
- Decreased sexual interest
- Regular connection between depressive episodes and a particular season of the year

Treatment:

Often the best treatment is a combination of antidepressant medication, cognitive behavioral therapy, and exercise. Cognitive behavioral therapy is essentially identifying maladaptive thought patterns and replacing them with adaptive thinking, which leads to behavioral changes and symptom relief. Individuals suffering from seasonal depression may consider planning a vacation in a sunny location in January, or simply being sure to spend adequate time outdoors in daylight.

Did you know?

According to US Department of Health & Human Services, only 44% of adults with diagnosable mental health problems and less than 20% of children and adolescents receive needed treatment.

U.S. Department of Health & Human Services (n.d.). *Mental Health Myths and Facts*. Retrieved from www.mentalhealth.gov/basics/myths-facts

Seeking Research Participants

New Criteria

As a doctoral candidate in the Marriage and Family Therapy program at Texas Tech University, Chris Bedard is seeking *married couples who have experienced infertility at any point in their relationship*.

The study includes either a face-to-face or online video conference interview that is digital audio-recorded in a confidential location in the DFW area. The interview takes approximately 90 minutes and may require a follow-up interview for clarification purposes.

Participation is voluntary and confidential. Interviews can be scheduled at the participants' convenience, including evenings and weekends.

Participating couples will receive a \$25 Amazon gift card.

This study is under the faculty dissertation supervision of Dr. Jaclyn Cravens and is approved by the Human Research Protection program at Texas Tech University.

For more info, contact Chris:
chris.bedard@ttu.edu
817-888-4851

Redefine Groups

Social skills for children – An interactive after school program for children ages 8-10 addressing communication with peers, managing emotions, and maintaining friendships. The program includes 10 1-hour sessions along with 2 parent consultations. Cost is \$25 per meeting.

Empowered for Girls - This 8-week after school program emphasizes skill building for middle and high school girls addressing assertiveness, healthy relationships, emotional regulation, insecurities, and coping with the challenges that come with adolescence. Cost is \$30 per meeting.

Contact Rachel at 817-562-8800, ext. 2 for more information.



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Redefine: Who We Are

**Diana
Bigham**
LMFT-S, RPT-S



Diana specializes in family relationships, child therapy, and marital counseling. She offers biblical counseling which brings scripture from the Bible to strengthen and guide Christians as they grow spiritually, emotionally, mentally, and relationally.

Read more at: dianabigham.com

**Rachel
Jones**
LMFT-A



Rachel specializes in working with children, adolescents and families. She has received training in treating attachment disturbances and mood disorders, and is educated in Theraplay and TBRI-informed (Trust-Based Relational Intervention).

Read more at: racheljjones.com

**Chris
Bedard**
LMFT



Chris specializes in working with couples that struggle with the impact of infidelity and infertility. He also enjoys working with motivated individuals to develop their emotional maturity.

Read more at: chrisbtherapy.com