



SHANE LYNCH PSYCHOLOGY

Heads Up

I'm going to look at Anxiety next month in the same way I addressed Depression this month.

Things to Try...

The next time a part of you feels really strongly about something, or has an intense repetitive thought, consider this part of you has a good intention but very poor delivery. More to come next issue...

About Shane

I'm a Registered Psychologist, husband, and father of three boys (6, 3, 1). I grew up in Calgary, and completed my undergraduate and graduate degrees at the University of Victoria.

My middle son is trying his first un-parented class this month and he's doing really well for having a part of him who is quite shy in less familiar group settings. It's amazing how each child is so unique and requires different support.



Depression: What is it good for?

As mentioned in my previous (double) issue, February is typically a pretty rough month for mental health. That's whether you experience mental health challenges on a regular basis or not. February is just (statistically) different. And, the most common mental health challenges are depression and anxiety. We'll look at the latter next month, let's address the former.

Depression is quite common (approximately 7%). Most people experience depressed mood in their lifetimes, some have more severe episodes than others.

If you subscribe, as I do, to the Internal Family Systems (IFS) model, depression may be viewed as a part of you and not the actual you. For example many people might say: "I'm depressed" and while this is inline with what we were taught about thoughts and feelings, it's actually neurological incorrect. It is very difficult to be just one thought or feeling but rather we are capable of a



Tips for Dads & Moms

Asking questions versus telling. Yes, this is a doozy for so many parents.

Ever notice how we often default to telling our kiddos something, sometimes without even knowing the full story or understanding what they actually may or may not need from us? Guilty! Ha ha!

Here's the problem with too much telling: It actually can create a lack of trust between child and parent. Kiddos start to think you're not paying attention, you want your way all the time, or you don't get it! We hear that feedback directly from adolescents and from the younger ones we often experience them as frustrated and even defiant.

The reason for this across the board is just how developed and underdeveloped their brains are and their constant desire with each passing year to use their brain! Open questions will always be the best place to start to learn your child's concerns. Use "what" or "how" to start your questions and notice how they start to use those brains to solve their own problems. What a novel idea!

multitude of thoughts, feelings, and behavioural compulsions; many of which may happen nearly simultaneously. IFS contends it is most accurate to say: "A part of me is depressed." If you were to give that a try right now, you might even notice a difference as you switch between "I'm..." and "a part of me..."

This language does two things immediately when we think or have the feeling of depressed mood: (1) It approaches or acknowledges the feeling; and (2) It creates separation between us and the part of us that's depressed. This is a significant first step for many reasons, but here are a few that I hope will resonate for you: Any "tool" you've ever been given to address depressed mood is likely one that took you away from the feeling or thought. It likely took you on a trip indicative of avoidance, suggested you just say "stop" or perhaps the opposite idea of "radical acceptance." When we defer to one extreme or the other, a depressed part intensifies in a paradoxical way. What if we could understand the good intention behind a depressed part? Yes, read that sentence again. If so, we could actually acknowledge the depressed part for its good intention rather than try to ignore it, or feel like we had to accept it for its poor delivery of the good intention hiding underneath.



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