

DEPRESSION ASSESSMENT

CHOOSE ONE OF THESE 3 RESPONSES WHICH BEST MATCHES THE FOLLOWING STATEMENTS: for the past 2 week

period: Rarely (Less than 1 day),

Sometimes (1-2 days),

Moderately (3 or more days):

- a. I was bothered by things that usually don't bother me.
- b. I did not feel like eating; my appetite was poor.
- c. I felt that I could not shake off the blues even with help from my family or friends.
- d. I felt that I was not as good as other people.
- e. I had trouble keeping my mind on what I was doing.
- f. I felt depressed.
- g. I felt that everything I did was an effort.
- h. I felt hopeless about the future.
- i. I thought my life had been a failure.
- j. I felt fearful.
- k. My sleep was restless.
- l. I was unhappy.
- m. I talked less than usual.
- n. I felt lonely.
- o. People were unfriendly.
- p. I did not enjoy life.
- q. I had crying spells.
- r. I felt sad.
- s. I felt that people disliked me.
- t. I could not get "going."

If you answer "Moderately" to the majority of these items, you should seek the advice of a physician and consider booking an appointment with an accredited Counsellor. If you answer "Moderately" to some, you may want to consider meeting with a counselor to discuss any challenges and concerns you might choose to put deal with.

LORRAINE McATEER'S BACKGROUND

Lorraine McAteer has 14 years experience as a medical health professional and 12 years post-secondary education in healthcare and psychology. Lorraine graduated with First Class honours with a B.A., Psychology Major, in 1994, and an M.A. in Counselling Psychology in 2002, from Simon Fraser University. Her areas of interest lie mostly in the intersections of the medical and psychological sciences; in the mind-body connection and how the mind effects the body and vice versa. As such her research has focused on how stress effects sensory perception, emotions, and depression/anxiety symptoms. She has received many awards for her high academic achievements, including the prestigious CD Nelson Graduate Entrance Scholarship. She is currently working to attain a certificate in Substance Use at the Justice Institute of British Columbia.

Since graduating Lorraine has been in private practice. She has created and directed workshops and given sessions for individuals and groups, on how to foster and act with emotional intelligence to reduce stress and become healthier and happier individuals.

FOR EASE OF PAYMENT, LORRAINE'S DUAL DESIGNATION AS A REGISTERED CLINICAL COUNSELLOR AND A CERTIFIED CANADIAN COUNSELLOR, ALLOWS FOR OPTIMUM COVERAGE BY EXTENDED MEDICAL AND OTHER INSURANCE PROVIDERS.

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CLINICAL COUNSELLING



DEPRESSION
AND ANXIETY

DEPRESSION, ANXIETY AND STRESS SYMPTOMS OFTEN OCCUR TOGETHER AND INCLUDE:

DEPRESSION:

- ◇ Changed sleeping and/or eating habits; too much or too little of either
- ◇ self-disparaging thoughts and comments, down on self
- ◇ dispirited, gloomy, blue, low
- ◇ convinced that life has no meaning or value, hopelessness
- ◇ pessimistic about the future,
- ◇ unable to experience enjoyment or satisfaction
- ◇ unable to become interested or involved, socially isolated
- ◇ slow, lacking in initiative, unmotivated

ANXIETY:

- ◇ apprehensive, panicky
- ◇ trembly, shaky
- ◇ aware of dryness of the mouth, breathing difficulties, pounding of the heart, sweaty palms, unsettled stomach, muscle cramps
- ◇ worried about performance and possible loss of control

STRESS:

- ◇ over-aroused, tense
- ◇ unable to relax
- ◇ touchy, easily upset
- ◇ irritable
- ◇ easily startled
- ◇ nervy, jumpy, fidgety
- ◇ intolerant of interruption or delay

COUNSELLING CAN HELP TO...

- ◆ Identify Areas you Want to Improve in Your Life
- ◆ Work through Concerns and Challenges and to Solve Problems
- ◆ Set Life Goals and Move to Attain them
- ◆ Enhance your Relationships and their Intimacy
- ◆ Manage and Reduce Stress
- ◆ Better Understand Yourself and Others
- ◆ Make the Best Decisions for YOU
- ◆ Identify and Deal with Personal Obstacles
- ◆ Improve your Self-esteem and Sense of Personal Power
- ◆ Improve your Lifestyle and Health
- ◆ Deal with Losses and Traumas
- ◆ Feel physically better, with more energy for life
- ◆ Improve function and performance,
- ◆ **To be HAPPIER; To have Greater Life Satisfaction and Well-Being**

The Quality of Our Lives, Reflects the Quality of Our Choices.
-S. Lorraine McSheer-



ISSUES COMMONLY ADDRESSED DURING COUNSELLING

- ⇒ Life Goals and How to Reach Them
- ⇒ Healthy Lifestyle Choices
- ⇒ Stress Management and Decision Making
- ⇒ Depression and Mood Concerns
- ⇒ Crisis Intervention
- ⇒ Anxiety, Panic attacks and PTSD
- ⇒ Pregnancy and Postpartum Stress
- ⇒ Parenting Skills and Issues from toddlers to teens, ADHD, Depression and Suicidation
- ⇒ Anger Management
- ⇒ Assertiveness and Conflict Resolution
- ⇒ Relationships and Communication Skills
- ⇒ Grief and Bereavement
- ⇒ Coping with Physical or Mental Illness
- ⇒ Body Image Concerns
- ⇒ Abuse
- ⇒ Chronic Pain Issues
- ⇒ Addictions and Reducing Harm