

Chapter 7

Affective disorders

ADDITIONAL RESOURCES

YouTube is replete with videos of people living with a range of depressive disorders and their treatments. Many are worth watching for the degree of insight they bring to our understanding of their experiences and problems. The usual suspects (PsychotherapyNet, Christine Padesky, and of course, the Beck Institute) provide some good therapy insights, but here are a number of others worth exploring....

- The Washington Center for Cognitive Therapy:
www.youtube.com/channel/UCvBHhXLcVoFp0qQbeGhzM4g
- US National Institute of Mental Health: <https://www.youtube.com/user/NIMHgov>
- As serotonergic drugs don't always work, there are a range of new drugs being advocated including ketamine and psychedelics:
<https://www.youtube.com/watch?v=ipycirzLwwA> and
<https://www.youtube.com/watch?v=8kfGaVAXeMY>

Try also reading...

These are just a selection of books outlining a range of differing approaches to the aetiology and treatment of a range of mood disorders.

Kirsch, I. (2011). The Emperor's New Drugs: Exploding the antidepressant myth. I know, this keeps getting a mention....

Harris, R. (2008). *The Happiness Trap: How to stop struggling and start living.* An excellent self-help book based on ACT.

Korb, A. (2015) *Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time.* As it says on the tin, a neuroscience-based approach to explaining and treatment depression.

Power, M. (ed) *The Wiley-Blackwell Handbook of Mood Disorders.* Has a range of relevant chapters that can be downloaded individual using an institutional access gateway.
<https://onlinelibrary.wiley.com/doi/book/10.1002/9781118316153>.

Rosenthal, N.E. (2013) *Winter blues: Everything You Need to Know to Beat Seasonal Affective Disorder.* New York: Guilford Press. Written by a professor of psychiatry and leading expert on SAD.