

☑ **DEPRESSION AND ANXIETY:  
EXAMINED FROM A SPIRITUAL PERSPECTIVE**

This presentation presents an overview of today's three major illnesses affecting approximately 1 out of 3 adults in any given 12 month period: ***depression, anxiety, and/or substance abuse.***

Today in our society, depression and anxiety are largely being treated basically by medications alone, driven primarily by insurance companies payment plans for treating these disorders. Yet, this pattern exists long after the National Institute of Mental Health affirms that depression is best treated by an integrative approach of medication and psychotherapy.

This presentation will offer an alternative perspective for: **(a)** understanding the vast majority of incidences of depression, anxiety, and substance abuse -- namely, from a spiritual perspective, **(b)** understanding the unresolved energy dynamics that generate most depressions, anxieties, and substance abuse behavior patterns, and **(c)** an identification of the various options for treating these widespread disabling personal emotional, mental and behavioral disorders.

Time flexibility: 30 minutes to 3 hours.

Request: Overhead projection, where available.

Handouts will be provided.