



What is **TREATMENT-RESISTANT DEPRESSION (TRD)?**



You were diagnosed with Major Depressive Disorder, and your doctor prescribed you an antidepressant.

You took your meds, waited for improvement to kick in, but nothing happened. You were as depressed as before.

In this case, experts say you qualify as having TRD.

Please note that this designation only applies to those who regularly take their medications and find no relief.



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What can you do about **TREATMENT-RESISTANT DEPRESSION (TRD)?**



- 1** Psychotherapy
Find a therapist who utilizes empirically-based therapy. One such therapy is Cognitive Behavioral Therapy (CBT). This popular modality enjoys the backing of a host of scientific studies showing the effectiveness of CBT to tackle many issues, including depression.
- 2** IFS Therapy
IFS views the mind's natural state as consisting of multiple parts (or subpersonalities). Healing starts when each part develops a relationship with your Self. The letter S is capitalized to denote the unique way IFS understands Self, which is the you who can remain calm, confident, courageous, and compassionate no matter what you face.
- 3** Consider Unresolved Grief
if you repress your grief instead of processing it, and you keep it up year after year, you might end up with depression.

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There is **HOPE**



If nothing seems to lift you or your loved one out of depression, please don't lose hope.

Pray and ask Him for wisdom on what to do next. Follow His leading, because He knows the best way to heal you. He said, "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you" ([Psalm 32:8](#)).

Keep walking with Him through the valley of depression until it becomes a thing of the past for you and yours.



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