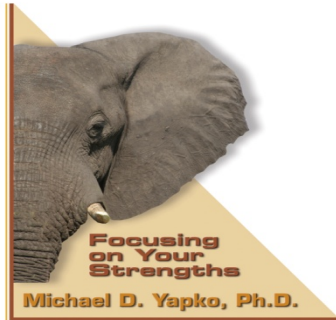


Antidepressants and the Biological Treatment of Depression versus Psychotherapy: A Conversation with Daniel Amen, M.D. and Michael D. Yapko, Ph.D.

December 14, 2017



The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Before we get too far into this...

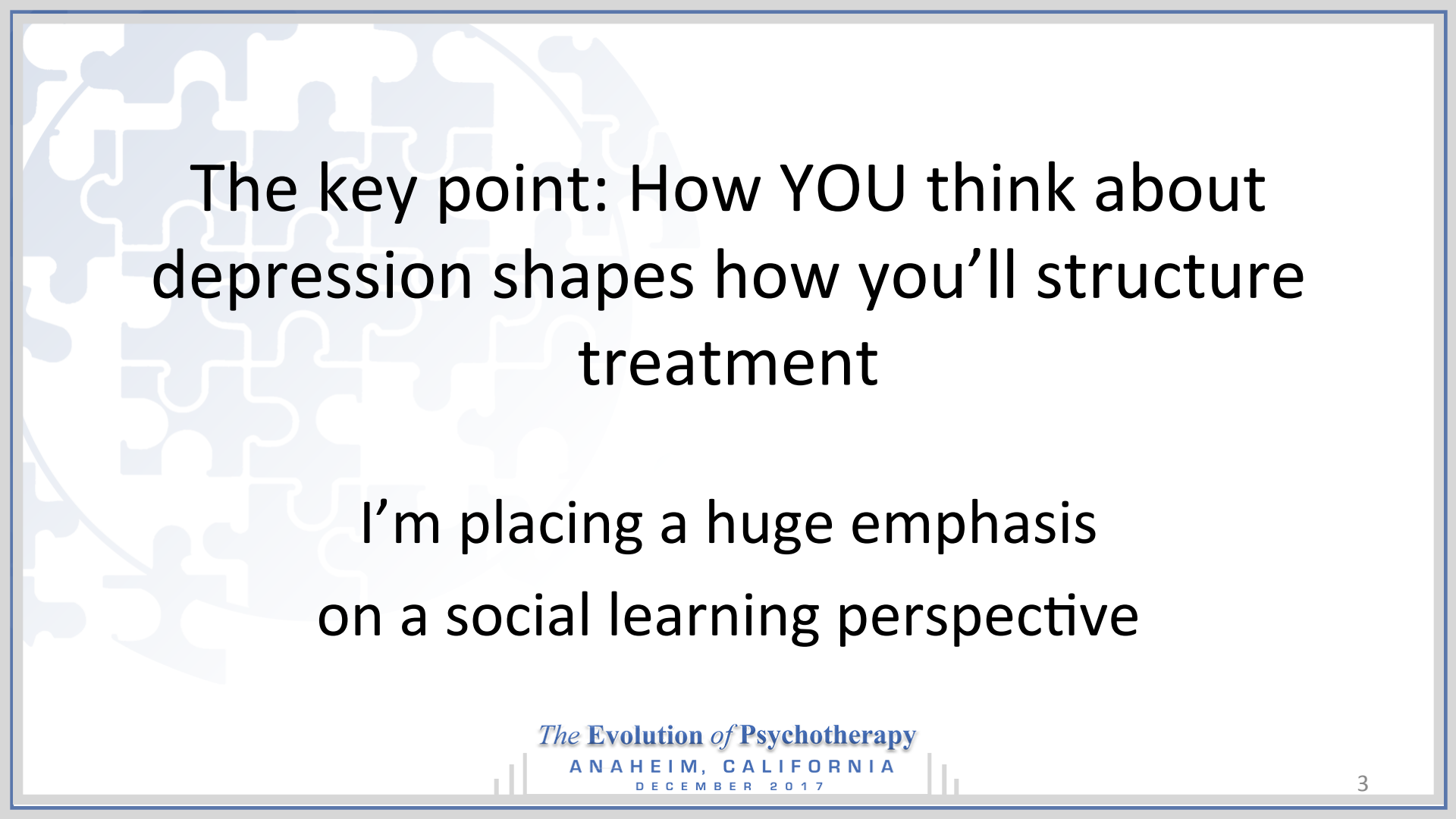
I have two questions

Is the goal of therapy to reduce pathology...

Or **expand wellness?**

And,

How much more are people than their brains?



The key point: How YOU think about depression shapes how you'll structure treatment

I'm placing a huge emphasis on a social learning perspective

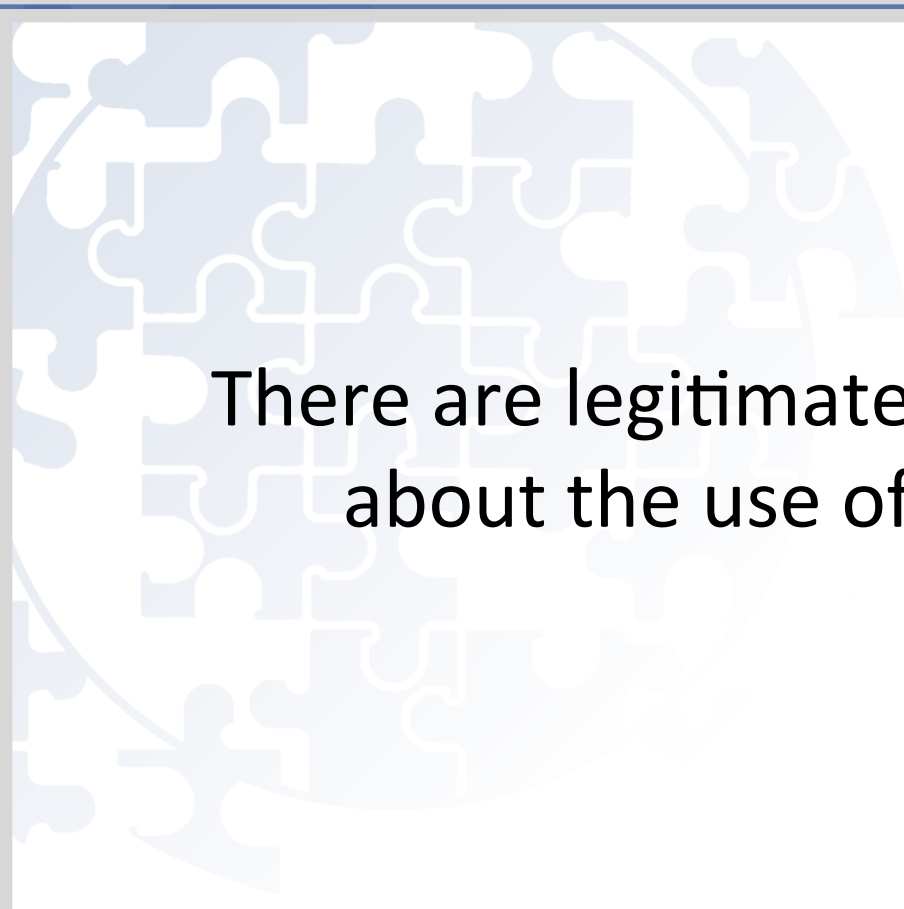
Deviating From the Official Recommendations for Combined Treatment

Many people are prescribed drugs as the sole form of intervention, despite experts' recommendations for so-called combined treatments of medication and psychotherapy (Thase, May 23, 2012). In fact, nearly 80% of antidepressant prescriptions are written by physicians who are not psychiatrists, and ***only about 20% of patients on antidepressants also received psychotherapy*** (Mark, Levit & Buck, 2009; Olfson & Marcus, 2009).

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

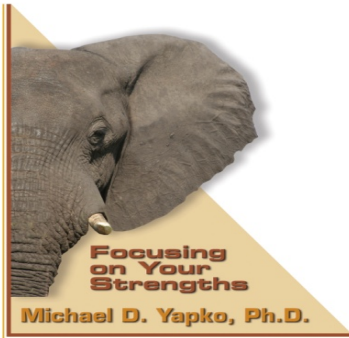
DECEMBER 2017



There are legitimate concerns to be raised
about the use of antidepressants...

Concern #1: The One-Dimensional Nature of a Purely Biological Perspective

What about all the *other* factors that contribute to depression?



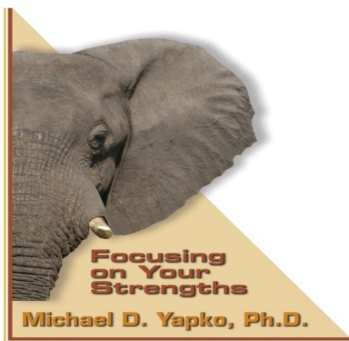
The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

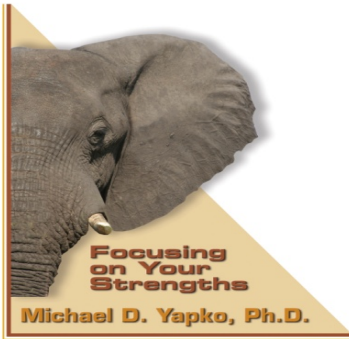
Concern #2: The Passive Definition of the Client's Role

The unfortunate messages: You don't have to change your life, you don't have to learn any new skills, you just have to take your medication on time



Concern #3: Economic Corruption and Undue Influence

Researchers, Journal Editors and
Clinicians are *not* Greed-Free

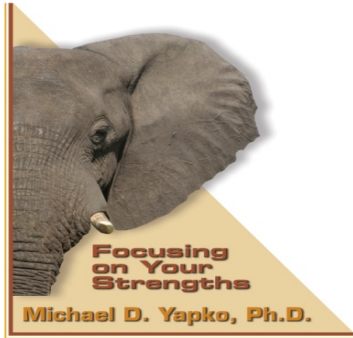


The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

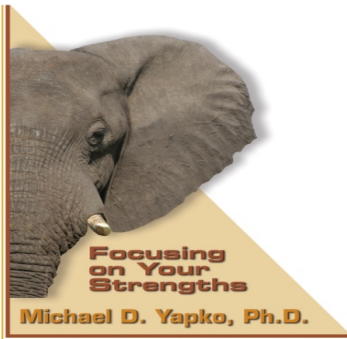
Concern #4: Pseudoscientific False Advertising



The “shortage of serotonin” is a heavily touted hypothesis with little empirical basis and considerable contradictory evidence

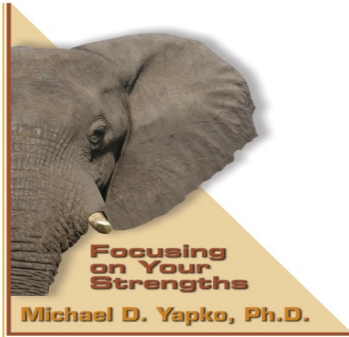
Concern #5: Conflicting Data About Drug Safety That Confuses Almost Everyone

Be afraid... Be very afraid. But, there's really nothing to be afraid of...
(we hope)



Concern #6: Drugs are Over-prescribed and, Paradoxically, They are Under-prescribed

People who don't need them are taking them, and people who need them aren't getting them



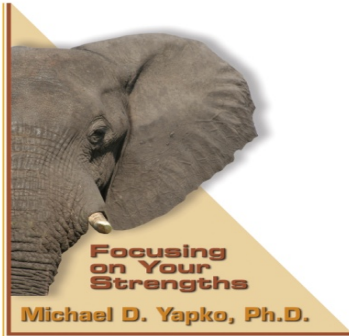
The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

Concern #7: Side –effects Can be More Than Just an Irritant

Side-effects can reduce or prevent participation in treatment, complicate symptoms and serve to *reinforce* depression



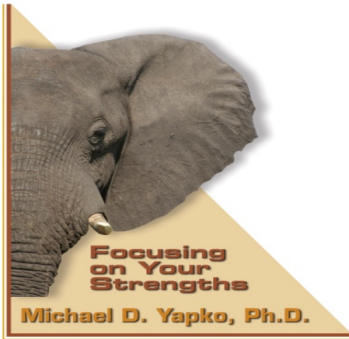
The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

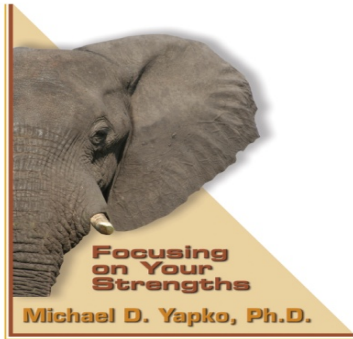
DECEMBER 2017

Concern #8: Ecological Concerns

The unintended consequences for the environment will likely yield long-term effects we can't even imagine right now



Concern #9: The Arguable Therapeutic Efficacy of Antidepressants

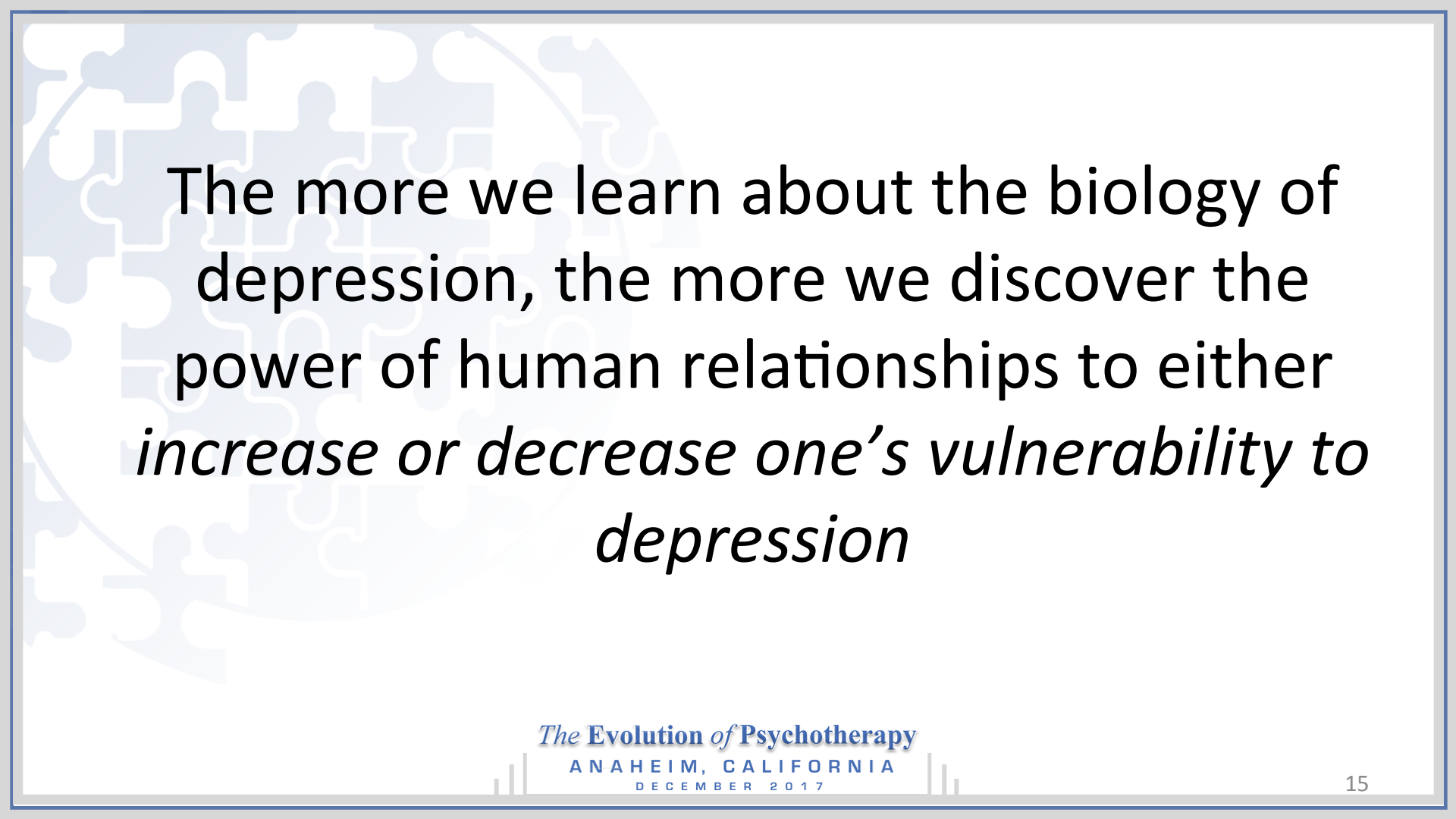


This issue alone makes all the other concerns secondary

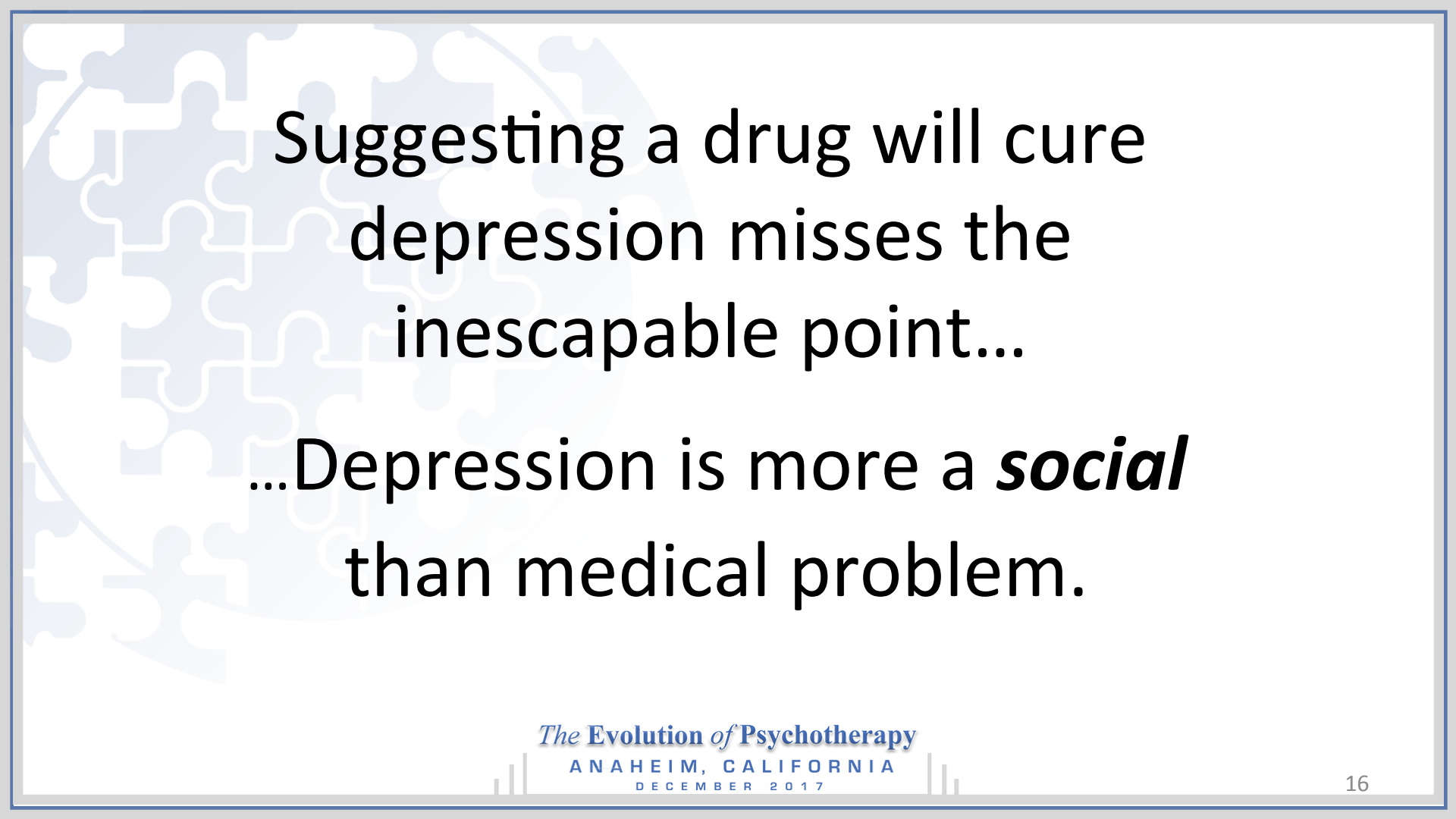
The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

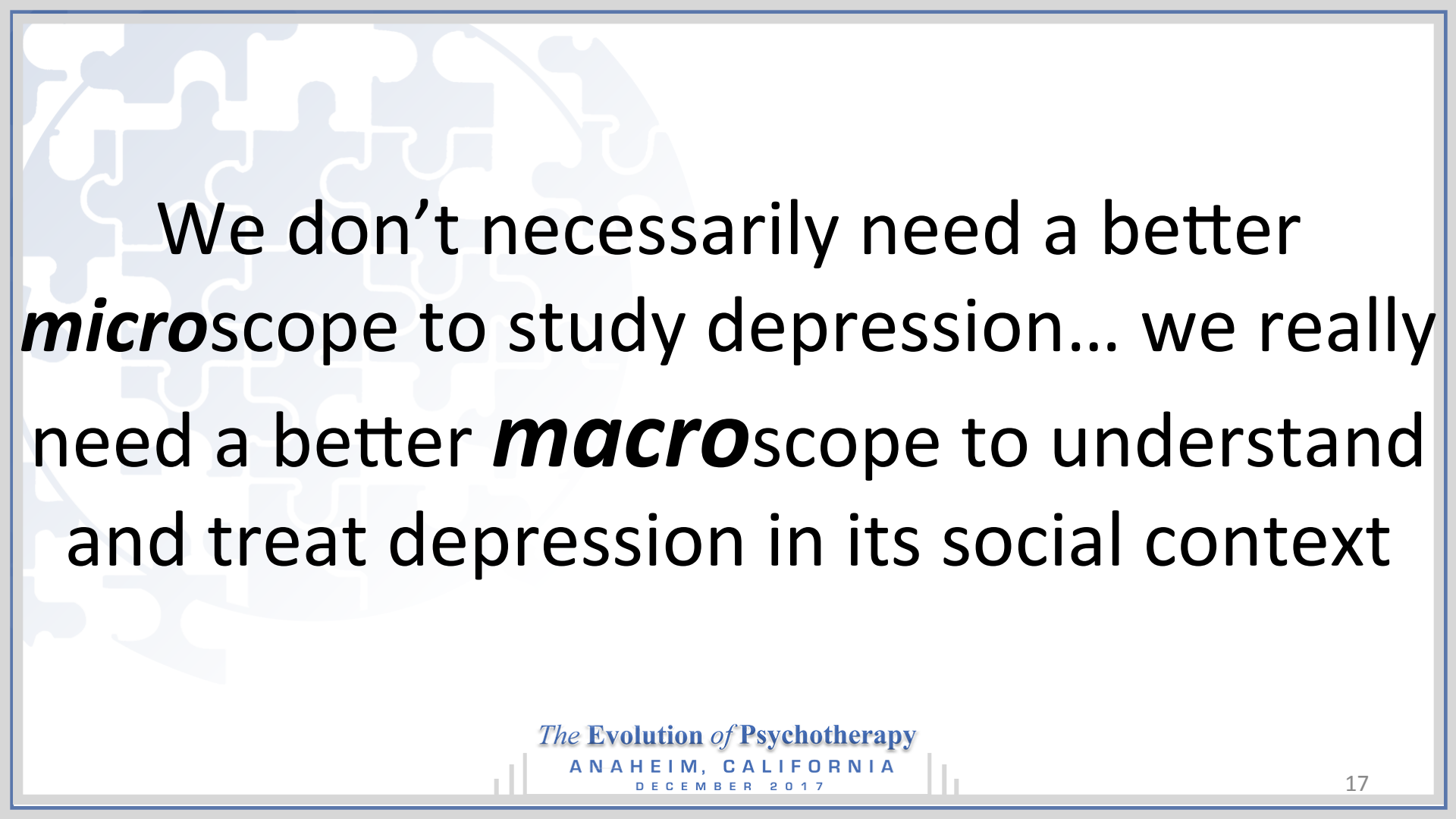


The more we learn about the biology of depression, the more we discover the power of human relationships to either *increase or decrease one's vulnerability to depression*

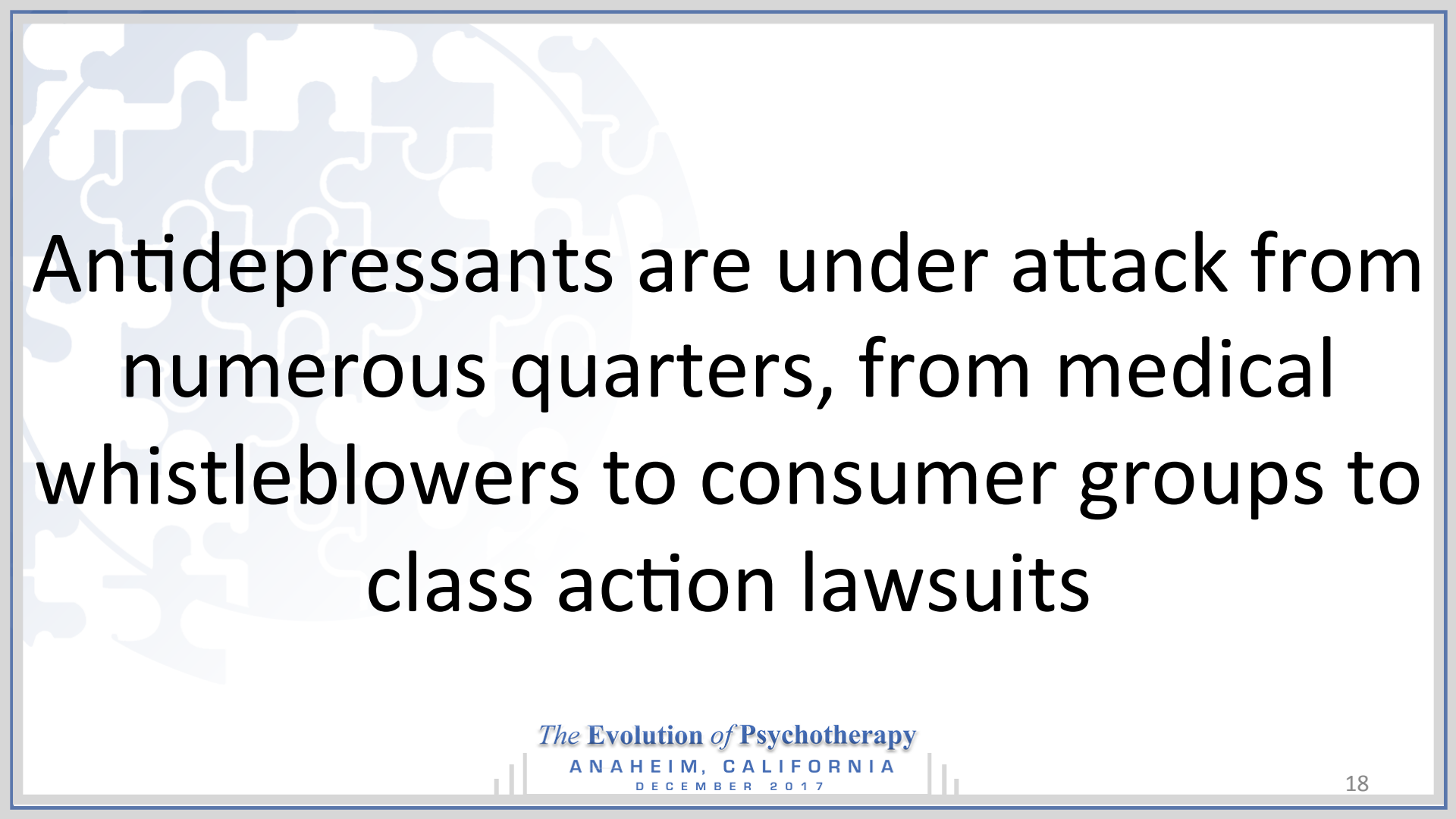


Suggesting a drug will cure
depression misses the
inescapable point...

...Depression is more a ***social***
than medical problem.



We don't necessarily need a better ***micro***scope to study depression... we really need a better ***macro***scope to understand and treat depression in its social context



Antidepressants are under attack from numerous quarters, from medical whistleblowers to consumer groups to class action lawsuits

Recent Attacks on ADMs

- **The Emperor's New Drugs: Exploding the Antidepressant Myth** by Irving Kirsch, Ph.D.
- **Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America** by Robert Whitaker
- **Let Them Eat Prozac: The Unhealthy Relationship Between the Pharmaceutical Companies and Depression** by David Healy
- **Mad in America: Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill** by Robert Whitaker

Recent Attacks on ADMs

- **Manufacturing Depression: The Secret History of a Modern Disease** by Gary Greenberg
- **Comfortably Numb: How Psychiatry Is Medicating a Nation** by Charles Barber
- **The Myth of the Chemical Cure: A Critique of Psychiatric Drug Treatment** by Joanna Moncrieff, M.D.
- **Sex, Lies, and Pharmaceuticals: How Drug Companies are Bankrolling the Next Big Condition for Women** by Ray Moynihan
- **Pharmageddon** by David Healy

Recent Attacks on ADMs

- **Manufacturing Depression: The Secret History of a Modern Disease** by Gary Greenberg
- **Comfortably Numb: How Psychiatry Is Medicating a Nation** by Charles Barber
- **The Myth of the Chemical Cure: A Critique of Psychiatric Drug Treatment** by Joanna Moncrieff, M.D.
- **Sex, Lies, and Pharmaceuticals: How Drug Companies are Bankrolling the Next Big Condition for Women** by Ray Moynihan
- **Pharmageddon** by David Healy

Recent Attacks on ADMs

- **Crazy Like Us: The Globalisation of the American Psyche** by Ethan Watters
- **Inside the Battle to Define Mental Illness** by Gary Greenberg in *Wired* magazine. Online: www.wired.com/magazine/2010/12/ff_dsmv/all/1
- **Skills, Not Pills** by Michael Yapko. Online: www.yapko.com

Patient Expectations Largely Dictate Antidepressant Response

- In a study published in the *British Journal of Psychiatry* (September 11, 2015) , researchers reported that “people’ s expectations about how effective their antidepressant medication is going to be **almost entirely** predicts their response to it such that giving patients a placebo pill as active therapy during an 8 week period results in very similar reductions in symptoms...

Patient Expectations Largely Dictate Antidepressant Response

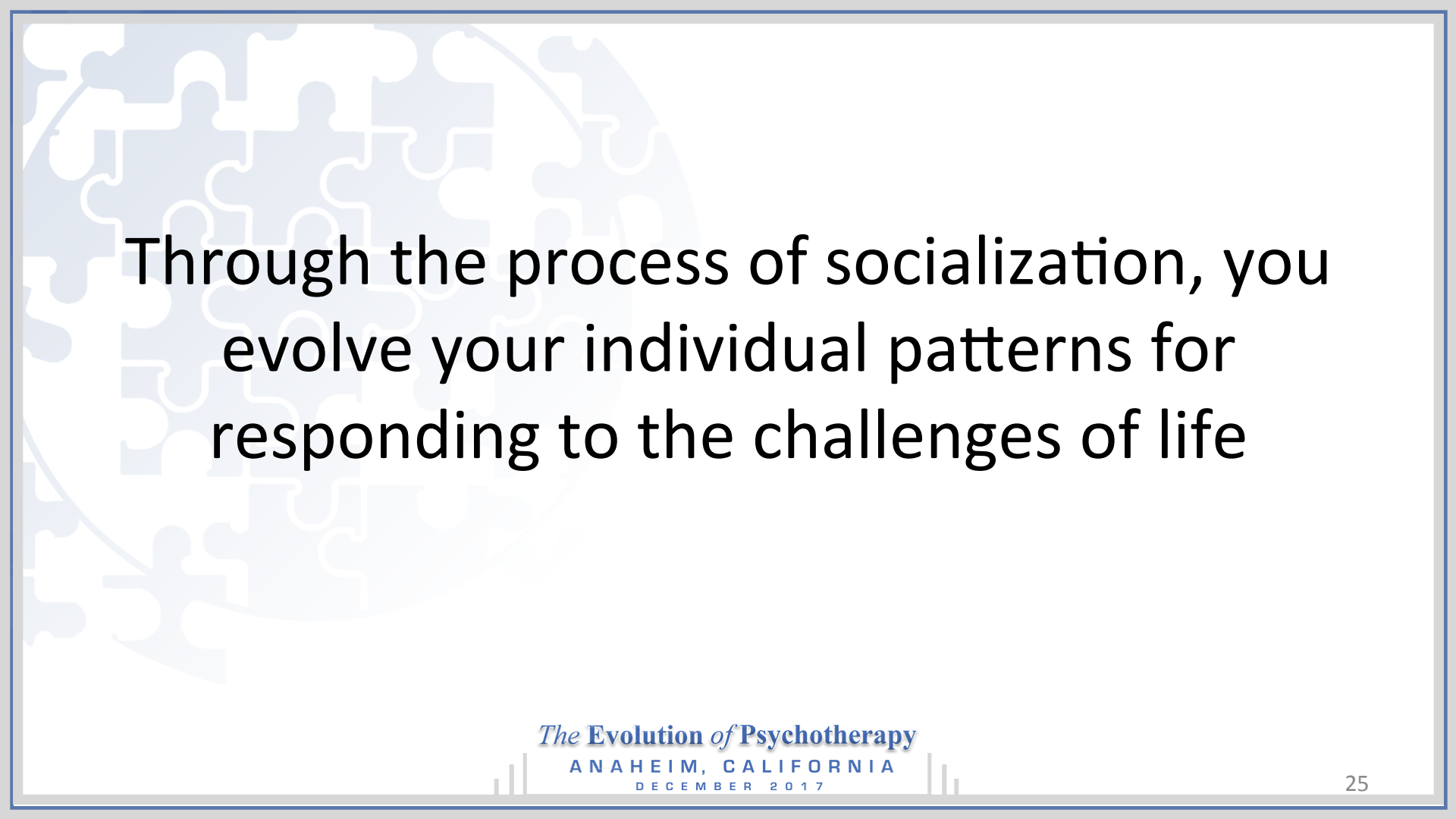
... investigators at UCLA led by Andrew Leuchter, MD, found that patients assigned to either active antidepressant therapy or placebo pills had better outcomes than supportive care alone and that there was little difference between outcomes for the medication and placebo groups.”

See *Medscape*, September 15, 2015 for details

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

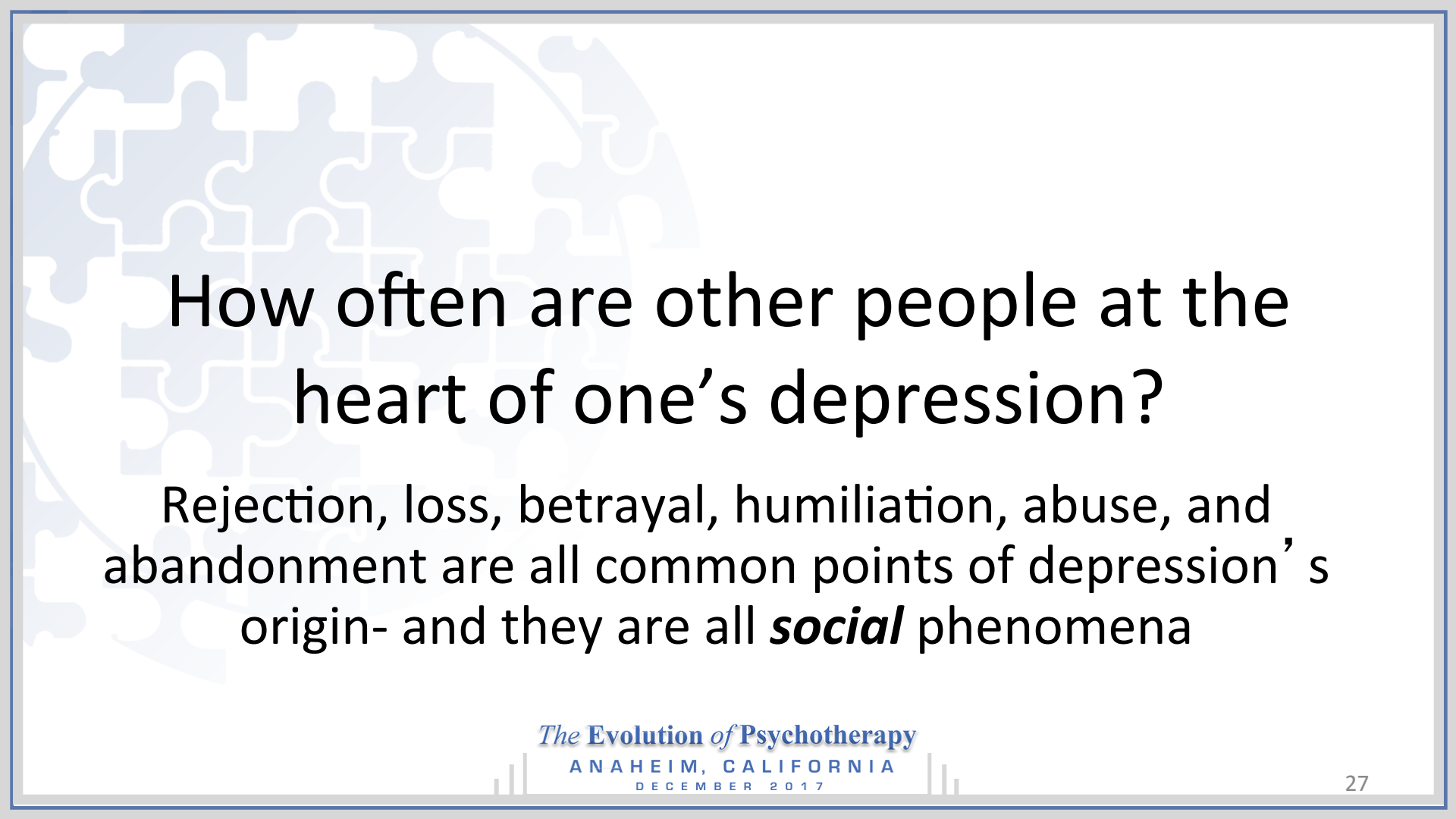


Through the process of socialization, you
evolve your individual patterns for
responding to the challenges of life

BREAKING THE
PATTERNS OF
DEPRESSION

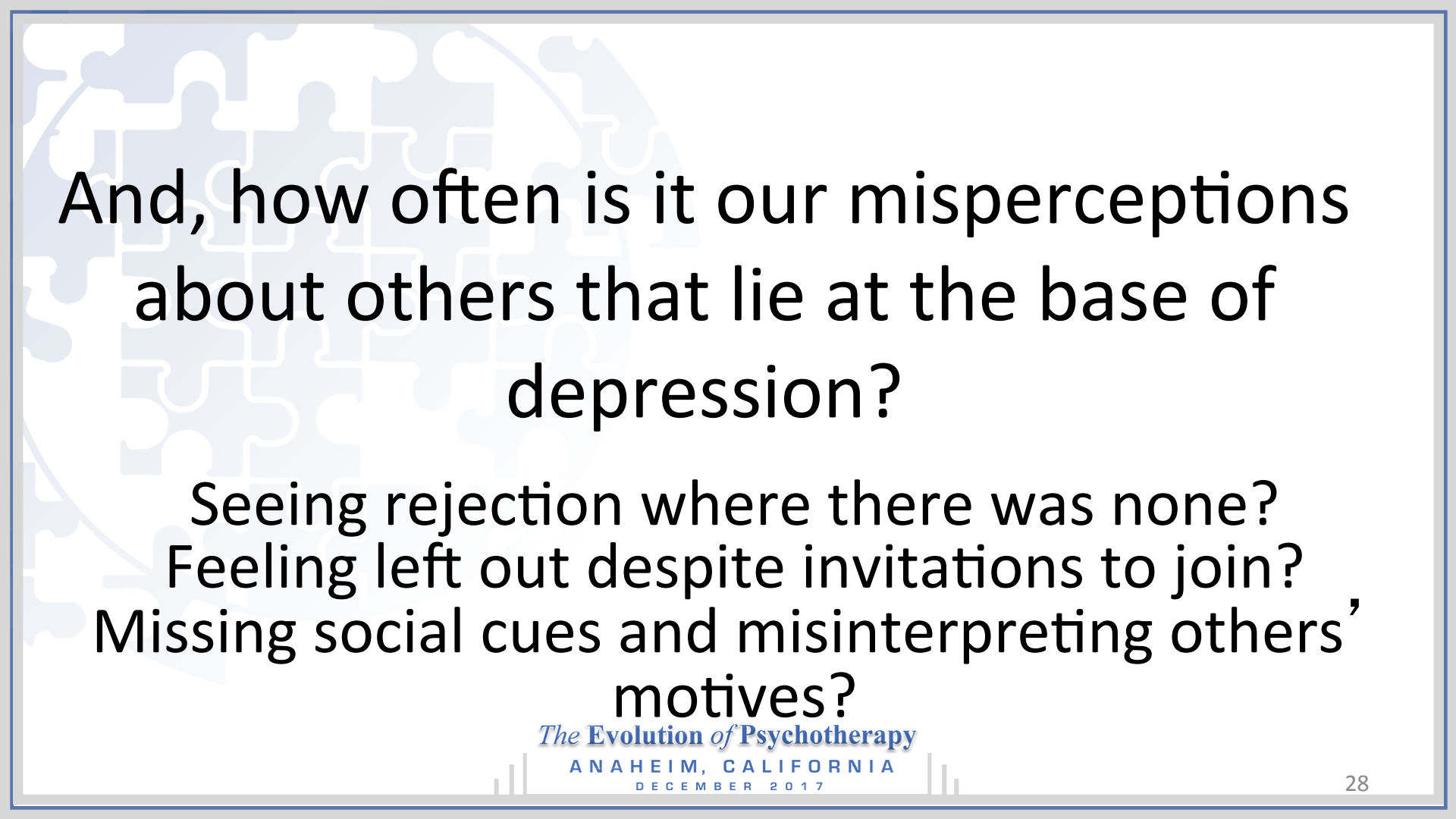


MICHAEL D. YAPKO, PH.D.



How often are other people at the heart of one's depression?

Rejection, loss, betrayal, humiliation, abuse, and abandonment are all common points of depression's origin- and they are all ***social*** phenomena



And, how often is it our misperceptions
about others that lie at the base of
depression?

Seeing rejection where there was none?
Feeling left out despite invitations to join?
Missing social cues and misinterpreting others'
motives?

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

EPIDEMIOLOGIC EVIDENCE

A World Health Organization (WHO) Declaration and Prediction

A dozen years ago, WHO declared depression the **FOURTH** most significant cause of suffering and disability worldwide (behind heart disease, cancer and traffic accidents);

WHO predicted that depression would become the **SECOND** most debilitating human condition by the year 2020

Sadly, we reached that mark late last year (2013)

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

WHO Underestimated the Rate of Depression's Increase

- On March 30th (2017), WHO declared depression the **leading** cause of ill health and disability worldwide.
- Rates of depression worldwide have risen by more than 18% since 2005.
- “These new figures are a wake-up call for all countries to re-think their approaches to mental health and to treat it with the urgency it deserves,” said Margaret Chan, WHO’s director-general.

Strands of Evidence Depression is About Much More than Biology Run Amok

- Genetics and Epigenetics
- Neuroscience
- Affective Neuroscience
- Epidemiology
- Individual Psychology
- Social Forces (e.g., culture, attachment)

The Social Spread and Treatment of the
Most Common Mood Disorder in the World

Depression Is Contagious

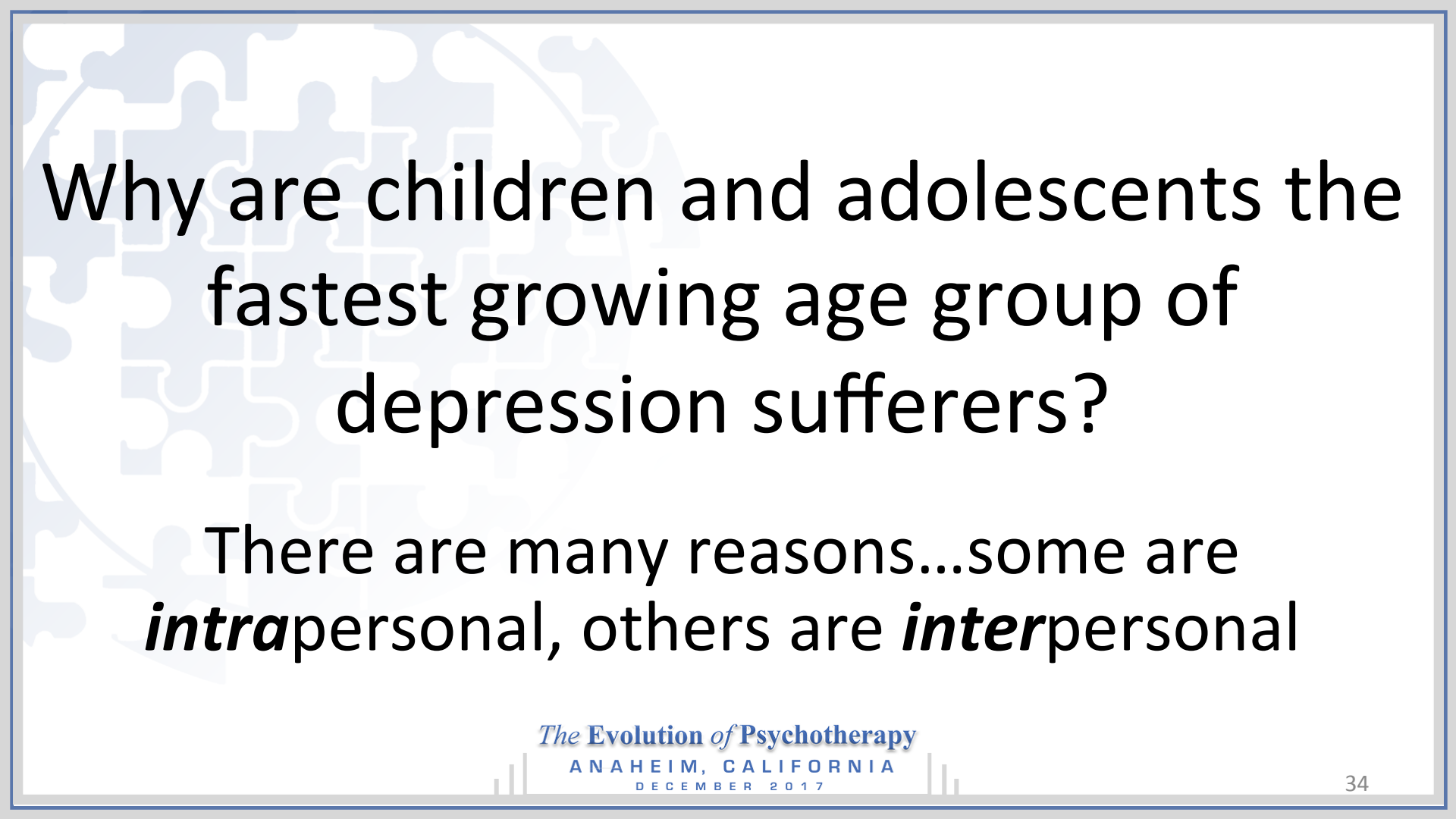
Michael Yapko, Ph.D.



No Amount of Medication or Purely Biological

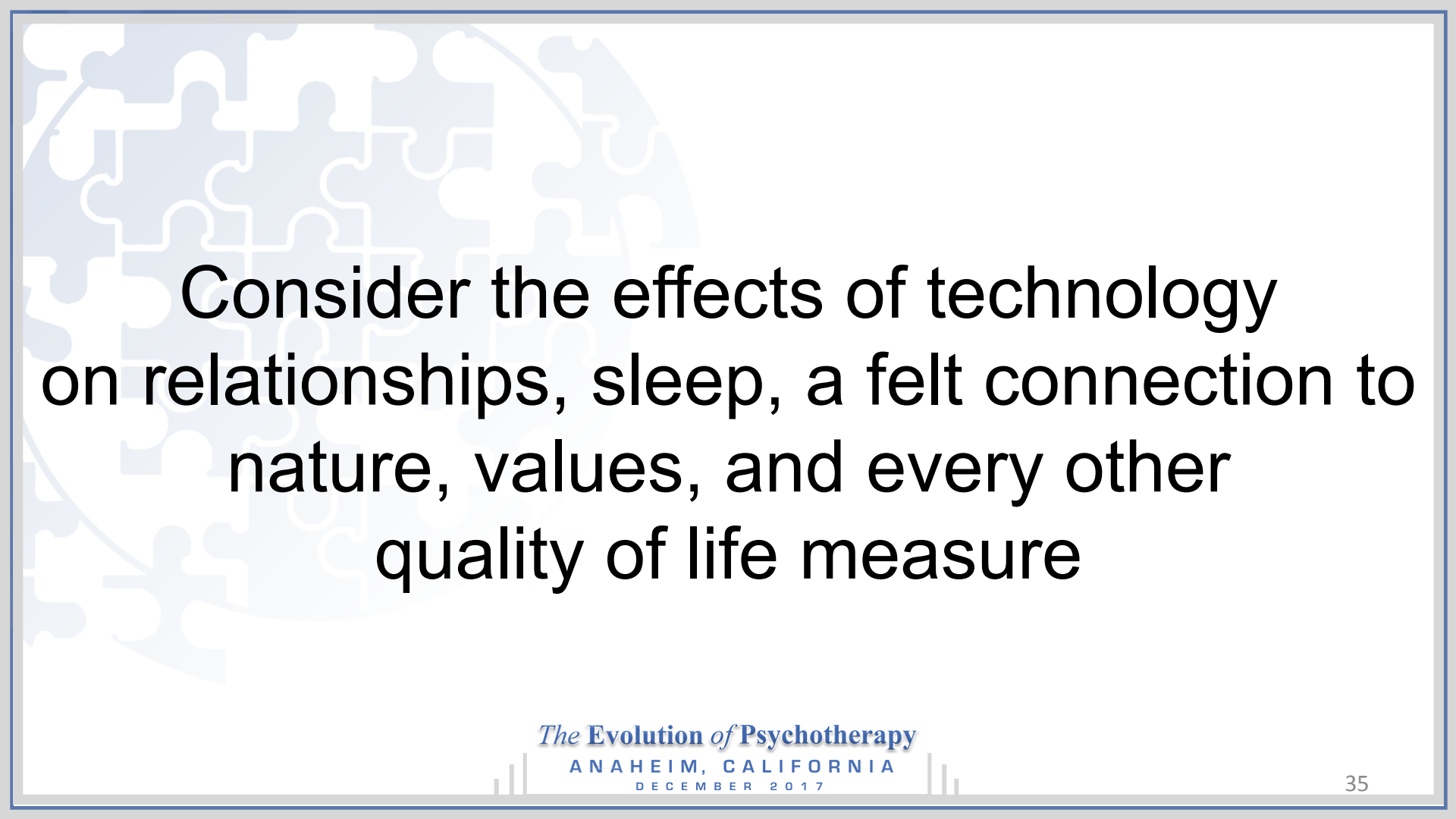
Treatment Alone Can Teach Your Client:

- More effective coping skills
- More realistic explanatory styles
- Healthier relationship styles
- More flexible and discriminative cognitive skills
- Sophisticated problem-solving skills
- More effective decision-making strategies
- How to build and maintain a support network
- How to transcend an adverse personal history
- How to build a realistic and motivating future



Why are children and adolescents the fastest growing age group of depression sufferers?

There are many reasons...some are *intrapersonal*, others are *interpersonal*



Consider the effects of technology
on relationships, sleep, a felt connection to
nature, values, and every other
quality of life measure

Parents' Depression Can Intensify Their Children's Depression

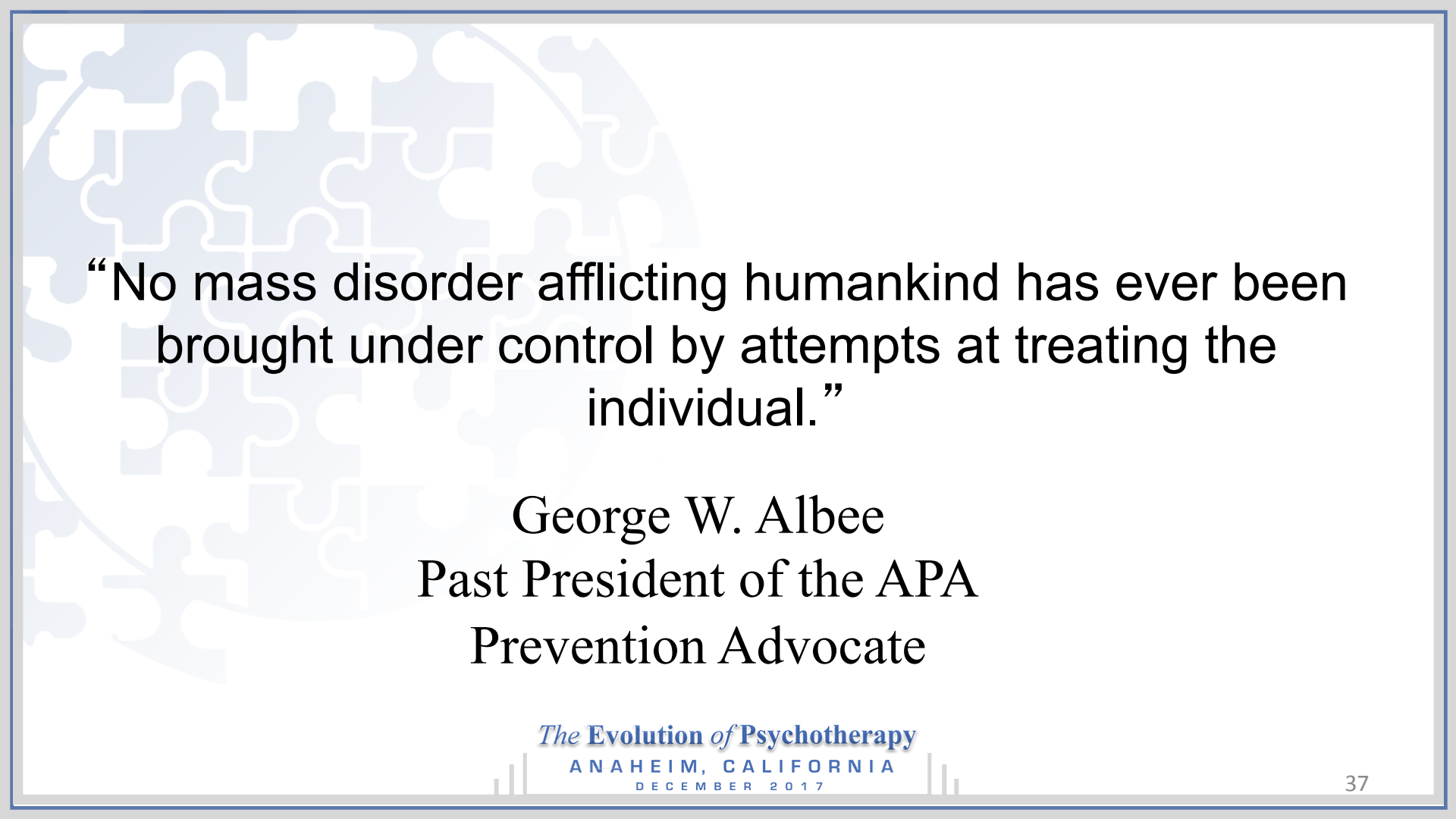
- Formerly depressed adolescents with depressed parents tend to experience severe depression as adults more often than those with non-depressed parents
- Depressed male teenagers with depressed fathers are **seven** times more likely to attempt suicide as young adults than depressed male teens with unaffected fathers

Rohde et al., *J of Abnormal Psychology*, 2005,114(3)

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



“No mass disorder afflicting humankind has ever been brought under control by attempts at treating the individual.”

George W. Albee
Past President of the APA
Prevention Advocate

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

A Major Resource on

Prevention of Depression

- The 2009 Institute of Medicine Report, *Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities*, listed several randomized trials in which the proportion of new cases of major depressive episodes was significantly reduced in participants randomly assigned to a preventive intervention compared to a control group.

National Research Council & Institute of Medicine (2009). *Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities*. O'Connell, M., Boat, T., & Warner, K. (Eds.). Washington, D.C.: National Academies Press.

An Excellent Review of the Current Depression Prevention Literature

- See “Major Depression Can be Prevented” by Ricardo Muñoz, William Beardslee, and Yan Leykin in the May-June, 2012, issue of *American Psychologist* (Vol. 67, No. 4, 285-295).
- Meta-analyses suggest that 22-38% of major depressive episodes could be prevented with ***currently available*** methods.

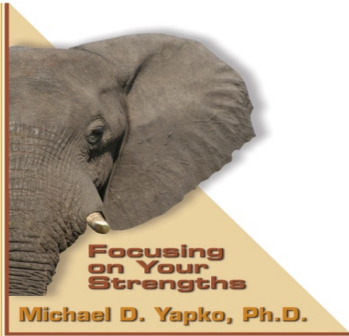
Prevention Opportunities

- Expanding diagnostic opportunities
- Addressing sleep
- Encouraging exercise
- Working with couples and families
- Screening for postpartum depression
- Identifying children at risk
- Teaching social and problem solving skills
- Practicing foresight

So much of human misery could be ***prevented*** if people would just take a moment to think ahead

But, who is teaching them to do that?

Please visit my website (www.yapko.com)
and sign up to receive my *free* electronic
newsletter!



The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

Michael D. Yapko, Ph.D.
e-mail: **michael@yapko.com**

website: **www.yapko.com**

P.O. Box 487

Fallbrook, CA. 92088-0487

USA

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

