

# Veterans Coaching Alliance

## Depression

Information from The Tad James Co <https://www.nlpcoaching.com/depression/>

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### Depression

DISCLAIMER: This information is presented for educational purposes only. Nothing presented here should be construed as medical advice and/or as a replacement for allopathic and official medicine. This information is not intended to diagnose, treat, mitigate or cure any condition. If you have a medical condition, seek the advice of a competent health care provider.

Depression is diagnosed as a mood disorder that causes a persistent feeling of sadness. It can be also called **major depressive disorder** or clinical depression. People diagnosed with depression feel its effects in the way they think, feel, and behave.

Depression isn't about being weak and the general belief is that it is not something out of which you can "snap."

Without having an intention of making any claims of curing anything, people who learn **Time Line Therapy®** find that their moods improve and life becomes again worth living. No matter how much one may try, it is hard to have fun, be creative, and be inspired when depression sets in.

According to Time Line Therapy®, depression has an original source event. However, the approach offered by Time Line Therapy® is different as it does not focus on the content of that event – most likely a traumatic and emotionally painful event. Time Line Therapy® focuses on the structure of how that set of circumstances is held in consciousness. "Why does this happen to me?" is less important than "How do I do it?" and most importantly, "What do I need to change to be free of it?"

Time Line Therapy® consists of a series of techniques designed for the purpose of letting go of Negative Emotions from the past. As such, it can assist in removing the sadness and depression from the past events in such a way that the client is left only with positive emotions. It does so by utilizing the client's own organization of time – the client's own Time Line. (In Time Line Therapy® the notion of Time Line is used differently compared to elsewhere).

In conjunction with **NLP**, Time Line Therapy® can assist with discovering the mental constructs (beliefs, decisions, strategies, values, **Submodalities** and Negative Anchors among many others)

by which one holds unconsciously onto unresolved Negative Emotions from the past (in this case sadness and depression). Moreover, both sets of mental and emotional tools can have a person be free of symptoms.

While there are many ways of tackling depression, NLP and Time Line Therapy® are tools that allow for a feeling of lightness, because the Negative Emotions disappear out of consciousness.

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