

Hi Daniele,

I have changed your name to protect your identity, but thought your question was worth publishing on my website, because so many people struggle with similar problems with loved ones who are depressed and resisting the efforts of friends and family members to help them.

First, I am so sorry your mother is depressed. The worry and concern among family members when someone in the family is depressed can be intense. I know very well from my own personal experience. I am also aware that efforts to help someone who is depressed, by giving advice or attempting to cheer them up, practically always fail. Even therapists make this mistake—over and over again.

In fact, I have an article coming up in the march issue of *Psychotherapy Networker* entitled, "When Helping Doesn't Help." You might find it of interest if you can get access to that journal online. I also explain why efforts to help so frequently fail, and illustrate in detail how my colleagues and I have solved that problem, to a large extent, with the new TEAM-CBT.

I want you to know that my book, *Feeling Good*, was just published in Brazil last week. That book might be helpful to your mother. I am publishing your email on my website to let visitors know that my books have now been translated and published in more than 30 countries worldwide. I will list some of them at the end of this email.

For family members, Fabrice and I have done podcasts on learning how to use the Five Secrets of Effective Communication, and learning to empathize with the person who is depressed, rather than trying to help or give advice. My book, *Feeling Good Together*, is a great resource for learning the Five Secrets, along with my free of charge podcasts with Dr. Fabrice Nye. However, although these methods (the Five Secrets) sound simple, most people have great difficulty giving up bad habits, and learning to respond with empathy instead of like trying to help.

Additional resources for treatment, training, or consultation

Some individuals trained in TEAM-CBT are doing treatment or consultation via Skype-type connections, and they might be able to consult with you one on one if you have the interest. Let me know and I will give you contact information.

Working with someone via the internet is definitely not the best choice for everyone, but might be an option for some who would like to learn to communicate with friends, family members, and clients in a radically different and more effective manner. And if the family member who is depressed speaks English, treatment for him or her via an internet connection might be an option to consider as well. For additional referral ideas, check with www.feelinggoodinstitute.com (Feeling Good Institute, FGI). And of course, treatment with a skillful local therapist is usually the best choice if that's an option.

The therapists and teachers at FGI also have weekly online training groups for mental health professionals. Since you are studying psychology, that possibly might be of interest to you. You might even want to come to America, if possible, and attend my four-day summer TEAM training intensive in San Francisco. You can find information on my workshop page on my website.

You might be interested that one of the fabulous teachers at my free weekly training seminars at Stanford is also from Brazil! She is super smart and a wonderful teacher! Her name happens to be Daniele, so that's why I chose that as your disguised name.

Here is a partial list of countries publishing one or more of my books, like *Feeling Good*, the *Feeling Good Handbook*, *Ten Days to Self-Esteem*, or *Feeling Good Together*:

- Argentina
- Australia
- Brazil
- China
- Czech
- England
- France
- French Quebec
- Germany
- Greece
- Iran
- Israel
- Japan
- Korea
- Lithuania
- Mexico
- Norway
- Poland
- Portugal
- Russia
- Spain
- Sweden
- Taiwan
- Turkey
- Viet Nam

There are more, but I did not start keeping track until a couple years ago, and the ones above are the most recent.

Finally, Daniele, I want to express my sadness that your mom has been suffering, and wish both of you the very best! I wish I could have done much more than this brief and inadequate reply.

David Burns, MD