

# Depression Relief Therapy Workbook



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RILLIANT MENTAL HEALTH

**Workbook**



## Biography

As a Counselling Psychologist, Lauren has a particular interest in relationships, communication and attachment issues. She uses a range of evidence-based treatments to help people overcome life challenges and mental illness, including anxiety and stress, depression, PTSD, grief and loss, low self-esteem, phobias, personal and family relationship problems, attachment and bonding issues for new parents, including birth trauma.

Lauren has worked in a range of settings, including psychiatric, University counselling services, relationship counselling services, employee assistance, and private practice. She also has experience in academic research in the field of relationship conflict and domestic violence in family mediation. Depending on the personality and preference of her clients, Lauren utilises Eye Movement Desensitisation and Reprocessing (EMDR), Mindfulness, Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), Psychodynamic Therapy and Attachment based therapy. For couples, she uses Emotion Focussed Therapy (EFT).

Lauren has a special interest in working with people with problems arising from recent traumatic events or from childhood trauma or neglect; phobias; working with new parents who are struggling to bond or cope with the transition to parenthood; birth trauma; and young adults with relationship and life transition issues.

The basis for all Lauren's therapeutic work is to provide a safe place for people to learn to trust and respect themselves and tap into their own strengths. From a place of respect, understanding, patience and compassion, Lauren has an ardent belief that even the deepest wounds can be healed and learned from.

## Qualifications

Lauren has a Bachelor of Arts from the University of Queensland, a Postgraduate Diploma of Psychology from Swinburne University and has completed a Doctorate of Psychology in Counselling Psychology. She is a full Member of the Australian Psychological Society.

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## Introduction

Dr Lauren Axelsen's "[Depression Relief Therapy](#)" series on wisemind.com, is comprised of 18 online sessions divided into 3 modules.

In this series, Dr Lauren Axelsen offers insight into and an understanding of depression, and she shares a step-by-step process to overcome overwhelming emotions and gain relief from depressive episodes. She guides us skilfully and progressively, sharing methods and tools that allow us to reclaim our lives. Along the way, she refers to a number of tools and resources, which we've gather here in the Workbook for your reference.

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## THIS IS A PREVIEW OF THE DEPRESSION RELIEF THERAPY WORKBOOK

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