

Summarized Model for Diagnosis and Treatment of Depression

Risk Factor	Systems Dynamics Level	Resilience	Integral Psychiatric Treatment
Reaction to negative events	I. Integrative (table A)	Heterostasis	Spiritual or bioenergetic treatment
Damaging response patterns	II. Interactional (table B)	Allostasis	Life style changes
Sensitivity to anxiety, stress, agitation	III. Metabolic (table C)	Homeostasis	Biochemical therapy
Brain disease	IV. Genetic (table D)	Epigenetics	Biomechanical therapy

Supplementary Dimensions

Somatopsychic		Psychosomatic
Dissolving		Hardening
Disease management		Self-regulation
Unconscious brain	Emotional brain	Central brain

A. Table of Integrative Treatment

Treatment
EMDR
Narrative Therapy
Bibliotherapy
Self-Management
Counseling
Psychosocial Interventions
Art Therapy
Attentive Listening to Music
Spirituality, Religiosity: Decreased Risk of Major Depression
Therapeutic Touch: Decreased Severity Depressive Mood
Qigong: Improvement General Well-Being
Problem Solving Therapy for Mild Depression
Psychoeducation Group
Internet Psychoeducation

B. Table of Interactional Treatment

Treatment
Light Therapy: 10.000 Lux; not only for Seasonal Depression
Dimmed Green, Blue, Red Light for Winter Depression
Vitamin D for Winter Depression
High-Density Negative Ions for Winter Depression
IPT
CBT
Stress Reduction/Relaxation
Antidepressants
Benzodiazepines
Melatonin
Thyroid Hormone
MBCT
Yoga
Heart Coherence Training with EEG-Biofeedback
St. John's Wort for Light to Moderate Depression
Sleep Deprivation
Running Therapy

D. Table of Genetic Factors in Treatment

Treatment
Parenting
Religion
Favorable Social-Economic Circumstances
Physical Activity
CBASP

C. Table of Metabolic Treatment

Treatment
Antidepressants
S-Adenosylmethionine, whether or not synergetic with conventional antidepressants
Vitamin B6, B12, Folate, C, D, E as synergetic therapy
Omega-3 Fatty Acids
Diet: Restricted coffee and sugar, more fatty fish and sustaining foods
Ayurvedic Herbs
5-Hydroxytryptophan
L-Tryptophan
Acetyl-L-Carnitine
Inositol
Dihydroepiandrosterone (Mild to moderate depression)
Cortisol Reducers: Ketoconazol, Aminogluthemide, Metyrapon
ECT
TMR
CBT
MBCT
CBAT
Mindfulness
Acupuncture
Classical Homeopathy
Hyperthermic Baths
Lithium addition for TCA
T3 addition
Acupuncture: for women
Other