



CHANGES, TRANSITION AND DEPRESSION

Depression and the TCK in Hard Times

EuroTCK Webinar

30th April 2022

eurotck.net

Christian Quartier-dit-Maire

Counsellor / Debriefers

quartierchr61@gmail.com

Change is...

An 'Event':
It is situational and external to us.

Change

Something old stops | Something new starts

In Contrast, Transition is...

A gradual psychological reorientation:
it happens internally as we try to adapt to change

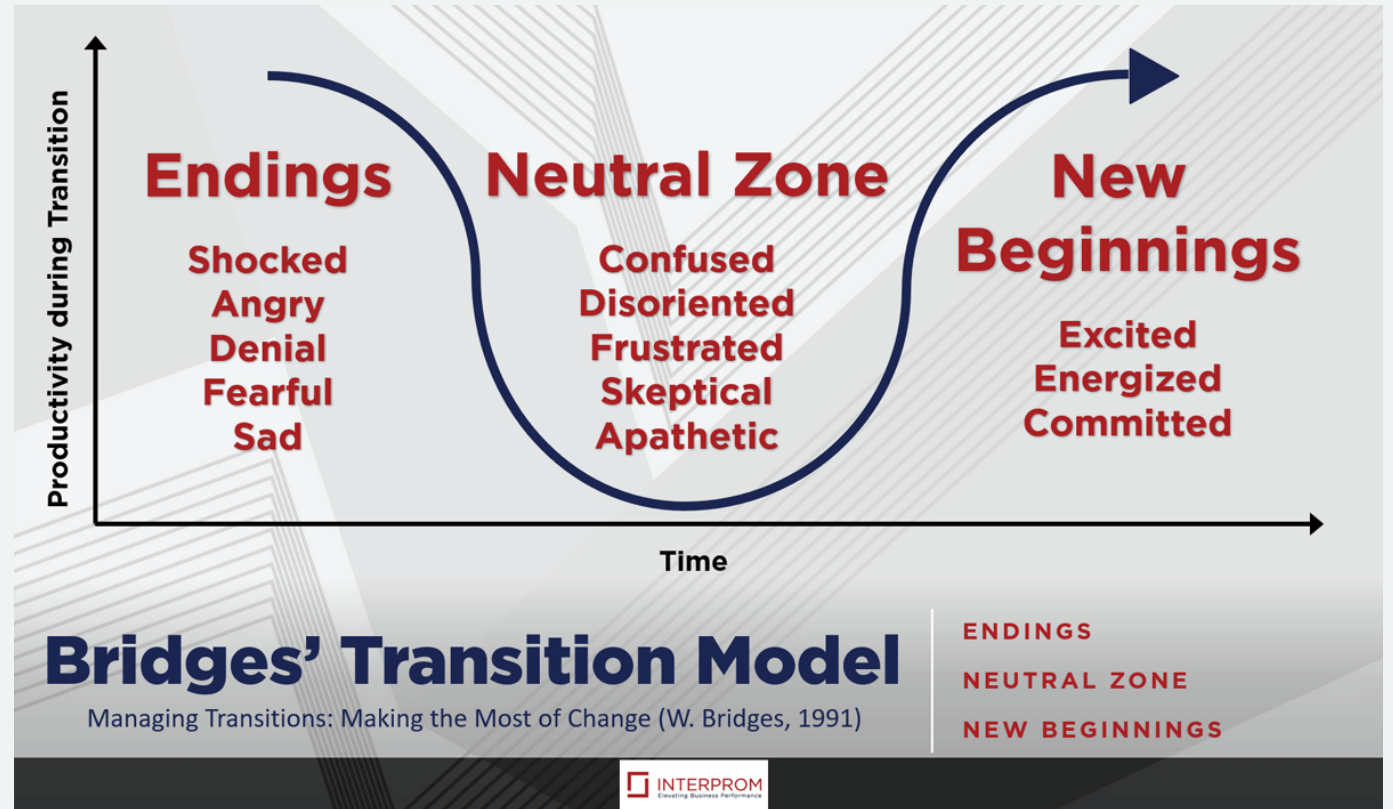


Bridges' Transition Model



Transition Process

- Normal process
- Can get stuck in Ending and Neutral Zone → prone to depression





HOLD ONTO – CLING TO THE PAST

- **Refusal / Unwillingness to let go /clinging to**
- **Resistance**
- **Negativism; judgment; criticism; anger; blame; cynicism; comparison**
- **Moody (tantrum, anger, self-pity...)**



Forgetting - Erasing

Too Painful

- Forget the past

- Focus on the future

Philippians 3:13: *Forgetting what is behind and straining towards what is ahead*

- *Surviving principle*

- *Still carrying the past but do not speak about it*

Moving without letting go – inner tension

- Confusion
- Helplessness
- Fear, anxiety, panic
- Too painful, Too hard
- Past = Heaven
- Present = Hell



Symptoms for Depression

- Physically
- Psychologically
- Cognitively
- Relationally
- Spiritually
- Performance / Work
- Behaviors



New Beginnings

- Gains and Thankfulness
- Loss and Grief
- Dreaming again (hope)
- Encouragement /
Coaching / Mentoring



REALITY CHECK

- In your life, what have you observed / learned about transitioning within your family / your culture and your field culture?
- What do you reproduce in your life?
- What is your way of transitioning?



When to seek help?

- Ending phase
- In Between phase
- New Beginnings phase
- When symptoms / concerns appear

