



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | WINTER 2017

New Therapies for Body and Mind

How do people get stuck in painful memories? The answer may lie in the body as much as the mind, according to several new therapies for trauma. Stress activates the autonomic nervous system, shifting the body into an emergency “fight or flight” mode. Though necessary for survival, this process can go

wrong if the trauma is overwhelming or there is not a safe way to process it afterward. Memories can become fragmented, stuck in different parts of the brain and the body, making it difficult to bring them together into a resolution.

Several new therapies are helping people resolve traumatic memories by integrating their physical and psychological effects. Eye movement desensitization and reprocessing (EMDR) is the oldest of the three, and over 75 studies have found it effective for post-traumatic stress, depression, anxiety, and addictions.

Brainspotting is a newer therapy that works on the connection between memories/emotions and eye positioning. It was used successfully in survivors of 9/11 and – after the Sandy Hook shooting – a study found that it brought more lasting recovery than other trauma therapies.

The third in this group is somatic experiencing (SE) therapy, which helps people resolve traumatic effects throughout the whole body. During SE, clients become more aware of their physical responses to stress – both the helpful and the unhelpful ones. Through this



awareness, people learn to rebalance their stress-response and regain control over their lives.

Those who have suffered from anxiety, depression, and trauma know too well that it isn't just in their heads. These problems affect the mind as well as the body, and it's welcome news that therapy can bring meaningful change by working in both dimensions.

Melatonin, Sleep, and Weight Gain

It's true: you can actually lose weight by getting good sleep, but what if you can't sleep? Many of the health benefits of sleep come from melatonin, and this sleep hormone is also involved in metabolism. Melatonin declines with age, which is part of why weight goes up and metabolism goes down over time. Melatonin is also suppressed by evening light, so most people don't

Treatment Breakthroughs

You can expect a full recovery from mood and anxiety problems. Below are the latest breakthroughs:

Medication and Devices

Austedo and *Ingrezza* for tardive dyskinesia (this is a side effect of antipsychotics involving involuntary movements – usually in the mouth, face, fingers or toes).

Lamotrigine and *Memantine* for obsessive compulsive disorder.

Mid-Day light therapy for bipolar depression.

Deep TMS for bipolar depression (transcranial magnetic stimulation).

Natural

Probiotics for depression with irritable bowel syndrome.

Magnesium for depression.

NAC for post-traumatic stress with addictions.

Therapy

Family Therapy for adolescent bipolar.

Brainspotting for post-traumatic stress.

get enough even if they do sleep – a hidden cause of weight gain, insomnia, and mood problems.

Blue-light filtering glasses offer a solution. It turns out that blue light has the strongest effect on melatonin, and that wavelength is heavily produced by TV, laptops, smartphones, and energy-efficient bulbs. Yellow light has a more soothing effect at night, such as the glow of a candle or starlight. In fact, these glasses can double the response to medication when people wear them in the evening during an agitated or manic state.

Read more at:

moodtreatmentcenter.com/bluelight.pdf
moodtreatmentcenter.com/darktherapy.pdf

Blueberry Memories

Just a quarter cup of blueberry juice a day improves memory in older adults, according to a new study.

Blueberries are a top brain food. In addition to memory, they help depression and protect brain cells. Blueberry juice is available in most grocery stores or can be made by blending frozen blueberries with water.

In this study, the juice enhanced the brain's blood-flow and activity levels. It took about 3 months to work. Blueberry juice is also being used in combination with other natural ingredients to treat postpartum depression.

New Locations

We are opening two new locations in 2018. Our current offices in Greensboro, Clemmons, and Polo Rd Winston-Salem will continue:



Country Club Road in Winston-Salem

104 Cambridge Plaza Drive.



Old Salem / Downtown Winston

713 S. Marshall Street. (next door to the Old Salem Visitors Center).

Practice News

Coping Skills & DBT Group. Julie Gleim is starting a new 6-week educational seminar in January. It will teach skills to improve relationships, mood swings, and stress management. Register through:

grouptherapy@moodtreatmentcenter.com

Text us. You can now reach our receptionist through secure text at (336) 722-7266 M-F 8:30am-5:00pm.

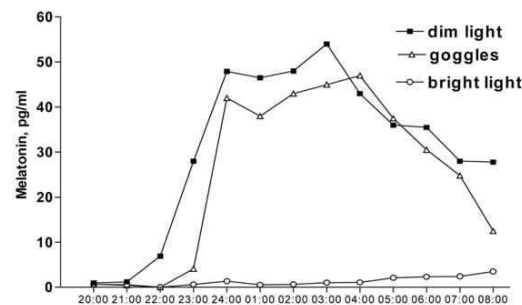
Appointment reminders by text. We have a new system to give appointment reminders by text.

New Providers

Adam McDonough, MD, has a strong interest in mood disorders and addictions and has published original research on the link between insomnia and depression. He completed medical school at the University of Alabama and residency training at Wake Forest University (Winston office).

Kelly Joyce, LPC-A works with all ages and specializes in mindfulness, trauma, emotional awareness, play therapy, shame and self-worth, resiliency and positive psychology, relationships, grief, and nature therapy. She completed her graduate degree at Syracuse University (Greensboro, Winston, and Clemmons offices).

Brittany Bodwell, LPC, brings expertise in EMDR, Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT). These therapies help people with difficult moods, whether from bipolar, depression, borderline personality disorder, or stress and trauma. She completed her graduate degree at Appalachian State University (Greensboro and Winston offices).



The graph above shows how light suppresses the production of melatonin (the bottom line – it's close to zero), while melatonin rises naturally in the top two curves (which represent darkness or blue-light filtering glasses)

What about over-the-counter melatonin? This can be helpful, but a new study found it only added 6 minutes – on average – to total sleep time. Better results are achieved when the brain produces its own melatonin, as dim light or these glasses can facilitate.

We sell these glasses at-cost for \$10. They should be worn about 2 hours before bed, or earlier if in a manic or agitated state.

www.moodtreatmentcenter.com

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