

What doctors do not  
want you to know about  
**DEPRESSION**

**STOP  
MESSING  
With My  
MIND**

**Beverley F. Searle M.P.H.C.**

## **Introduction**

### **Are you depressed?**

Here are the common symptoms of depression:

- loss of interest or pleasure
- decreased energy
- feelings of guilt or low self-worth
- disturbed sleep or appetite
- poor concentration.

These symptoms can lead to the individual often failing to be able to take care of their day to day duties.

Research shows that on average 1 in 20 people has an episode of depression every year and it is the leading cause of disability worldwide in terms of total years lost due to a disability.

Depression is more prevalent in women: 50% more women than men have this disability; and it is the leading cause of disease burden of any illness. 1 in 5 women and 1 in 8 men will experience depression at some stage of their lives.

There are different types of depression. Symptoms can range from minor (but still disabling) through to very severe. Sadly depression can lead to suicide.

### **What do doctors offer in their treatment of depression?**

They prescribe mainly drugs and Electro convulsive therapy (ECT).

There are three main medications for depression

- Antidepressants
- Tranquillisers
- Mood stabilisers

So what do doctors not want you to know about depression?  
**Their failures!**

It is estimated that worldwide almost 1 million people commit suicide a year, which is about 3,000 a day: and for everyone who succeeds there are about 20 more who may attempt suicide.

## **Chapter 1. The medical model illustrated**

Up until the early 1950s what were used to treat depression were theories of philosophers like Freud and Jung e.g. psychoanalysis; the talking therapies.

To the scientists of the day psychiatry was all woolyheaded; not based in scientific facts and statistical research.

Then French scientists discovered a new compound called chlorpromazineze, what this drug did was tranquilize patients, making them less agitated and delusional.

This inspired psychiatrists, they hoped that drugs could be developed to treat serious mental problems such as depression, panic, anxiety, and mania, as well as manage some of the most disturbing symptoms of schizophrenia.

Finally psychiatrists were able become “real scientists,” they now had laboratories, could do animal experiments, have expensive equipment, and could design and do complicated diagnostic tests with the backing of funding from drug companies.

Then in the 1960s scientists began to develop techniques for isolating and measuring hormones and neurotransmitters in blood and the brain.

Neurons are the specialised cells transmitting nerve impulses; a nerve cell: it is the basic building block of the nervous system. These highly specialised nerve cells are responsible for communicating information in both chemical and electrical forms.

Neurons have transmitters which are chemical messengers that carry information from neuron to neuron, enabling us to engage effectively with the world. The neurotransmitter system, when activated, exerts effects on large areas of the brain. The effects are alertness and arousal and implicated in the regulation of emotions.

What researchers were finding is that there were abnormal levels of the neurotransmitter nor epinephrine in people who had depression. They were hoping that they could develop drugs that targeted specific brain abnormalities

and that they could fix these ‘disorders’ by administrating an appropriate chemical (drug).

Within years of these findings, there was a paradigm shift from the talking therapies for the abnormal behaviours of those with mental disorders to the cause of all mental illness to be an aberration of the brain, a chemical imbalance!

The drug companies have profited in this belief; over the past three decades psychiatric medications have become a billion dollar industry a year. Research is based mainly in the concept of the chemical unbalance, and anyone trying to research in the non drug so-called ‘alternative’ studies get little funding and has trouble getting into print in major medical journals.

Now there was no investigating a mental health patient’s history of adversity, abuse or trauma: that it was often these events, especially in childhood or experienced over many years e.g. alcoholic parents, unhappy marriage or a stressful job which caused the mental disorders such as depression, anxiety stress.

Then there was another change in psychiatry. With all this research into chemical imbalances of the brain they needed a systematic and precise way to communicate their findings. This resulted in the production of The American Psychiatric Association’s *Diagnostic and Statistical Manual of Mental Disorders* (DSM), (now in its 5th edition). With this ‘bible of psychiatry’ every aspect of human behaviour now can be diagnosed as a mental disorder with the resultant drug to ‘fix’ the problem.

Over the last 30 years this model of mental illness as being a chemical imbalance has taken the control of people’s fate: their lives have been taken out of their own hands and has put doctors and insurance companies in charge of fixing their problems.

There are no precise physiological tests for this dogma. All psychiatric diagnosis’s are based on the symptoms that a person displays, not on blood tests (as in diabetes) etc.

There are no scientific evidence that mental illnesses are caused by a chemical imbalance.

Psychiatric medications have a serious downside, as they may deflect attention from dealing with the underlying issues and enables patients to suppress their problems without addressing the underlying issues; and in some places drugs have displaced therapy.

One client of mine, who was in and out of mental hospitals for over 20 years, had 6 different diagnosis and 15 different drugs and she was still III. In fact the whole time she was in the mental hospitals she was never asked about her childhood adversities: alcoholic father, a mother who was not coping, a grandfather who had touched her up for years.

Drug companies, the media, and doctors will all tell you that mental illness is a result of chemical imbalance.

Take antidepressants, if depression is caused by a chemical imbalance, depression should by now have become a minor issue in our society. But instead, antidepressants are prescribed ever increasingly: it has not made a dent in hospital admissions for depression.

In the last 20 years the number of people treated for depression has tripled. Now it is estimated that one in ten Americans now take antidepressants.

## **Chapter 2 what do doctors not want you to know about depression**

So what do doctors not want you to know about depression?  
Any successful treatment outside the medical model!  
This as we have seen in the above, is that medical doctors are firmly committed to a better life through chemicals/drugs. And ignore the fact that we can change our own physiology and inner happiness; and they often actively discourage any other means for a person to get well from a mental disorder.

After 15 years of study and research I have been able to develop a process which allows you to alleviate most disorders in a just a few sessions. The success rate is over 95% and one of the main disorders I treat is depression.

So who am I and can I prove this statement?

### ***About me and my research***

My name is Beverly Searle and I was widowed with 4 young sons to raise. As my sons became men and were leaving the nest, it was time for me to 'do my own thing'. I had a teenage dream of going to university and now it was my time to do exactly that. At 48 I sat the adult re-entry exam and got into my first choice.

9 years later I had:

Grad. Cert. Of Community Health (Mental Health)

Bachelor. of Social Science with Honours

Masters of Primary Health Care.

My thesis was on mental disorders/illnesses as the result of childhood abuse/trauma.

I have presented at World and Australasian psychotherapy conferences and have also run a mental health consumer/carer conference titled 'Our Lives Our Choices', which won Gold for the whole of Australasia.

I was Volunteer of the Year for Schizophrenia Fellowship of South Australia and I have a Certificate of Appreciation for my services to the sector; by the Honourable Dean Brown.

During this time I also volunteered at the Dissociative Identity Society of South Australia (DISSA). I was a telephone and home support worker and ran support groups. I supported two siblings with (Dissociative Identity Disorder (formally Multiple Personality Disorder)). At this time there was limited support or treatments available and I wanted to learn all I could to best support my siblings and clients.

Working here I supported many clients with Dissociative Identity Disorder, saw hundreds of personalities and gained a vast experience in the different aspects of a person. All with Dissociative Identity Disorder suffer early childhood abuse/ trauma and are often affected by depression, anxiety, stress, self injury, voices in the head, have relationship problems and eating difficulties.

In working with these people and being able to meet the individual personalities within the one person I developed my 'My Envisioned Mind'. My program alleviated their trauma and I asked myself if 'My Envisioned Mind' could be applied to people who had experienced trauma but did not split their psyche into different personalities?

I had a friend who went to Vietnam as a teenage entertainer during the war; she had severe Post Traumatic Stress Disorder (P.T.S.D.) and major depression.

I asked her if she would try the 4 steps I had then developed. I had designed a guided visualisation especially with her in mind. She along with all of us has sub-personalities.

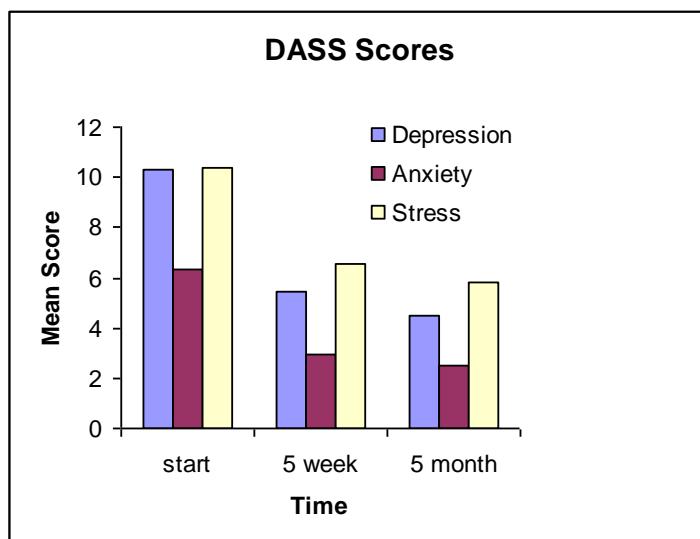
She agreed and after discussing the theories involved started doing the visualisation with me. Seamlessly she went through all 4 steps, easily seeing everything in her head and able to meet the teenage part (sub personality) of her who had frozen at the age she went to Vietnam. I was joyously saying in my head 'Yes. Yes. Yes. It worked'. We did 3 sessions and she was free of her P.T.S.D. and depression.

I then asked more friends and family members to do my process. All had their issues resolved. I was especially pleased to help my then 83 year old mother overcome her depression.

It was while I was doing a placement in a Women's Community Centre as a part of my Honours year at university that I offered to run a course on overcoming depression.

Over 50 women with many different mental health issues attended during the year and all improved in different aspects of their lives.

## INSERT LATEST GRAPHS



A one way repeated measures ANOVA was performed to compare scores on the DASS scales for depression, anxiety and stress at the start (week 1), at 4 weeks follow-up (week 5) and at 5 months follow-up. There was a significant improvement over time in the DASS depression score,  $F(2,21)=5.47, p=.012$ .

This represents a marked reduction in depression from a rating of severe at week 1 to mild at week 5 and 5 months follow-up.

Eight women took part in the 'At Home in Your Head' workshop for overcoming depression, May 2004, with ages ranging from 29 to over 50 years old.

Diagnoses of these women were: Obsessive Compulsive Disorder with Depression and Agoraphobia; Bi-Polar and Borderline Personality Disorder; mild depression; Post-Natal Depression; Depression and Generalised Anxiety Disorder; Post Traumatic Stress Disorder and 'Mental Illness'. Six were on medication.

At five months the women were asked:

Have you been using the maintenance procedure?

6 reported NO. 2 reported YES.

Have you experienced any major adverse life events since attending the At Home in Your Head workshop?

5 reported NO, 3 reported YES

I believe that the maintenance of the much lessened depression is due to my work. If the 6 women who did not use the 'maintenance procedure', over 5 months, had done so, it is my contention that the rate of depression would have been less.

**Beverley F Searle**

M.PrimHlthCare

B.Soc.Sc. (Hons)

Grad Cert C.H. (MentHlth)

***My Envisioned Mind***

Before I share their stories of their treatment and successful recovery, I need to explain to you what the ‘My Envisioned Mind’ program is and how it is so different from other techniques which have been used with depression.

### To start with why this name?

Because this is not a process where you have to talk over your problems for hours, weeks, months or sometimes years which most other therapies entail. It is my belief based on over 20 years of research that it adversity which causes depression; and adversity/trauma is stored as pictures in the mind. It is by envisioning and changing these pictures that depression is alleviated.

### Why is this?

I believe very much in education and empowerment. When I first meet a client I explain the two main theories behind ‘My Envisioned Mind’ so they can understand how their minds work, be able to trust their minds and trust the process. I tell them “I am a tour guide into your mind”.

The first theory is best explained by Dr Richard Restak, a renowned professor of neurology who has written over 20 books on the human brain and our neurology. He states that **our brain is geared for survival** and describes it as follows:

*‘The human brain is organized in terms of a “mental society.” In other words, alongside our verbal system, there may reside any number of “mental units” [that] can exist, can have memories, values, and emotions, and all of these can be expressed through any of a variety of response systems. What makes this whole process so eerie is that these systems may not be in touch with the verbal system at all but rather, have their own existence outside of the areas of our brain responsible for our language and our logic.’*

‘The Brain’, R. Restak, 1984

One of these ‘mental units’ is the Limbic System. Through it the mind deals with dangerous events. Anything that is dangerous to you triggers the fight/flight response, which is there to protect and prepare you for dangerous situations.

The reaction is instantaneous. Your brain and body are flooded with chemicals that prepare you for running away (flight) or to stand and protect yourself (fight). Due to the instantaneous and intense nature of the “fight/flight” response, it bypasses the normal recording of events and stores this potentially

dangerous information in the Limbic System.

An **example** of how this process works with trauma memory is:

Imagine that at age three, your big brother deliberately dropped a spider on you - your response was to run around screaming! The picture of what happened and your fear is stored in the Limbic System.

From then on, whenever you see a spider or something drops on you unexpectedly, the picture of the original experience is triggered, by your fight/flight response. The Limbic System replays the event, just like a DVD, with you running around screaming. The original emotions flood through you. You relive the event out of time and sequence.

You can be ninety-three years old and still scream at the sight of a spider! Why is this? Because your limbic system does not have lineal time line! There is no clock there to let you know this traumatic event was years ago. And most importantly it has no language; it stores events in pictures. This means that no amount of talking can change these pictures: as we learned above, the Limbic System cannot understand language.

The mind is fascinating is it not?

Along with the limbic system our childhood beliefs - concepts of our self as unlovable, useless, dumb etc. are lodged deep in the sub-conscious mind and are affecting us even now, decades later.

### ***Your moods and roles***

The second theory is explaining **your moods and roles** (referred to as your sub personalities).

When you are born you are hard-wired to store your memories. As you have never lived in this body before, you need a way to store your life experiences. For example, when you experience something for the first time before the age of 7 a spark goes off in your mind and a sub-personality is created to hold this experience. Then every time you experience this same or similar event it builds onto the existing sub-personality.

Over time sub-personalities become your moods or roles. They hold your learned skills. For example, at 3 years of age you are given a bike. The first time you put your leg over to ride (a new experience) a sub-personality is created to

hold this lived experience. From then on, this sub-personality is activated every time you ride a bike. This becomes your bike-riding sub-personality and every time you ride a bike this one knows that it is his/her role to come forward.

As you grow you change from a three wheeler to a two wheeler bike and then you are in your late teens and get your first car. Your bike is put in the shed and that is the end of your bike riding. Years later you hop on a bike, you wobble around for a while and then all of a sudden you are riding again. This is because your bike-riding sub-personality was re-activated and its skills became available to you.

How many times have you said “I’m not in the mood”? One of the reasons for this is that the sub-personality who does this job, or holds this skill, is not available for you to use. The children’s books ‘Mr. Men’. and ‘Little Miss’ by Roger Hargreaves (©THOIP) are an excellent way of explaining sub personalities as is the new Disney film ‘Inside Out’ which demonstrates how our emotions play such a huge part in our day to day life.

Your moods and roles are your sub-personalities: your small frightened part, your efficient worker, your rebellious teenager, your studious part. The possibilities and responses are endless.

You can have hundreds and thousands of sub-personalities. All these parts make up your own unique personality.

Another fascinating thing about the mind is that our subconscious doesn’t differentiate between what our eyes see (reality) and what we see with the ‘minds’ eye (what we visualize or imagine). This is the power of visualization and how using it in My Envisioned Mind can change not only pictures in your Limbic System but you can meet and heal your sub-personalities of their negative beliefs and emotions.

My Envisioned Mind is designed to help you explore - in your imagination - what safe and happy looks like for you. As a child you had very little control over what you were taught and experienced. You did your best to reach conclusions that would help you survive. As an adult you can become your own teacher - your own grownup.

Using My Envisioned Mind you can replace the old pictures and experiences with pictures that heal and comfort you from the

same deep, subconscious level which once defeated your attempts at change. Everyone experiences adverse life events. How you respond to these is unique to you. Your responses have been shaped by your perceptions of your life experiences, especially during the formative years. Your personality has been formed by the age of seven.

Wouldn't it be good if you could go back in time, pick up that child, keep them safe and comfort them, the way you would have wanted it to happen? What follows is the story of three women and how My Envisioned Mind healed them of depression. Before sharing their stories I will go through the process that each of my clients does so that you will have a better understanding of their journeys.

I explain to all my clients "You are the only person in the whole world who has lived this life. What has happened to you, where and how you have stored your memories is unique to you. The My Envisioned Mind program is a formula, the steps are to be done in order, but every decision is made by you".

When I see a new client, I ask them to complete **2 simple pages prior to beginning** My Envisioned Mind.

### **Page 1.**

Name: \_\_\_\_\_ Age \_\_\_\_\_

Please list your work and any hobbies or interests you have.

.....  
.....  
.....  
.....

Have you been fostered, adopted, hospitalised or in care of some sort?

.....

Have you ever had a near death experience? e.g. drowning, car accident

.....

List any adversities you have experienced (e.g. bullied at school, witnessed or experienced violence, death of family member).

Birth – 7 years

.....

.....

.....

.....

.....

8-15 years

.....

.....

.....

.....

16- 25 years

.....

.....

.....

.....

26 - present

What are the issues you would like to work on? Bullet points please!

.....

.....

.....

Have you a mental health diagnosis?

.....

Please fill in the form below:

Identify the emotion you want to work on, if it is not on the list fill it in.

Angry	Confused	Nervous/scared	Lonely
Anxious	Depressed	Low self esteem	Sad
.....	.....	.....	.....

By changing these pictures, which are like a hologram in your mind you can undo your past, wash away all the negativity and replace them with loving and beautiful pictures.

Once these pictures are gone and replaced by positive ones, the triggers can no longer affect you, i.e. spiders, car crash, violence, etc are no longer in the Limbic System and therefore no longer producing the flashbacks, panic or negative emotions that once affected you.

### **Chapter 3 Case study**

Why do My Envisioned Mind

<https://youtu.be/GfSG-x4HaC0>

### **Chapter 4 Case studies**

#### Reference

I have known Beverley Searle for about 10 years. She would often call in for a coffee and she would talk about her research, which I found very interesting.

Beverley would offer to do her therapy with me, but as I have been in the Mental Illness sector for over 20 years; with many hospital stays in lockup wards, I did not believe other than taking my drugs that things could get better.

I finally said to Beverley I would give it a go!

Five years ago I started doing her therapy. Every 2 months we met to work through the 8 steps of 'My Envisioned Mind' then 'fine tuning' this process to my wants and needs and 'boy did it pay off'.

No longer did I spend much of my day reliving my horrible childhood, I was consumed by my memories of my physical tormentors, and I was frightened much of the time, which led to a

form of paranoia and obsession. This fear in conjunction with my bi-polar stopped me from having a full active life.

I had done over 10 years of martial arts but I still had all the fear. Contrastingly the work I did with Beverley was more efficient in restoring *my* moods and balance, which has led to a better quality of life.

I have been told for years 'be positive' 'cheer up' 'you can do better' but for the first time I was shown a better and gentler way to achieve this. What 'My Envisioned Mind' has done for me is: minimising the negative memories and giving me a positive future.

I have now finished training for the open work force and have held down my first job in 27 years. I can now drive and park in the city without fretting. There has been subtle progress and I can look back over these last few years and realise 'I can do things now which I have been unable to do all my life'.

Now I am the bloke I should have been!

Neil T. 52. Findon.

## **Chapter 5 testimonials**

### **Case study**

Nicky said she had had years and years of depression from early childhood. When Nicky went into her mind to do the visualisation, she says all she saw was black! She felt she was walking in a dark tunnel. She first used 'fireflies' to light her way, and after practicing the visualisation she was able to extend the fireflies down the tunnel until she came to a sunny parkland where she found her Home in the Head. She then continued with the process of Making Her Mind Safe and Happy.

She stated 'My mind was a place of horror, now it is a place for

dreaming. My depression has lifted, now I can move on with my life'.  
Nicky 51

## Testimonials

Changing pictures in my head to overcome my depression: I could not believe it. But it worked! I am now happy. Mary, 44, depressed for 21 years.

I have learnt how to use my mind to help myself in moments of distress, or sadness. It helps to know how to restore yourself. Angie 26

This is a way to access and manage my emotions on a sub-conscious level, and in a non-confrontational way. I can now continue to learn to trust and be open to new experiences. Ann 32

I couldn't get out of bed due to **depression**. My carers did not know what to do with me. After completing the My Envisioned Mind now look forward to each new day.

Mandy, Age 34. (A Cerebral Palsy and intellectual handicapped person)

To whom it may concern.

Since 1992 I had been attending groups and individual counselling. It was to no avail with my problems. I learnt a lot about what I was experiencing, but did not take away the chronic depression, Post Traumatic Stress and my hysteria. I also had suicidal tendencies and suffered from chronic fatigue.

In 2004 after telling my mother I have been sexually abused by my father, (which I kept secret for 10 years), I went into breakdown mode. My regular kinesiologist told me I had chronic depression and could not help me.

Soon after that I attended a group for depression, anxiety and stress run by Beverley Searle. By applying her My Envisioned Mind I was able by the 3<sup>rd</sup> session to be free of my chronic depression, after the 4<sup>th</sup> the suicidal tendencies were gone; a little anxiety was left. About 2 months latter I started getting flashbacks to being in a Organised Perpetrator Group (OPG) which my father was actively involved in.

Finally I understood that I had Dissociative Identity Disorder and still was being triggered by the OPG and was still being used; I was 45 at that time. With the My Envisioned Mind and Beverley' help I am now free of the OPG and am no longer triggered by them.

Each year I am improving 95%, I still have a few hiccups, but I am now going to university and working part time.

After my 12 year old son did the My Envisioned Mind with Beverley his depression and wanting to kill himself disappeared. Six years later he has had no reappearance of his symptoms.

Signed M.T.

(Name withheld for privacy)

Here is a testimonial from an 83 year old woman who had been suffering depression nearly all her life:

I am in my eighties and have had a series of traumas in my life, beginning with very severe child abuse, then domestic violence in my marriage.

After a murder attempt I left taking the children with me. I had prolonged stress due to raising five children on my own. This was at a time when pensions were unavailable and I was forced to take on three jobs at a time, in menial labour, (due to my isolated farm upbringing I had no job skills), to support my children and myself.

I completed the 8 steps of the My Envisioned Mind and that changed my life and my appearance. All my friends and family do not believe my age from my face.

Since then I have undertaken two further sessions, dealing with my chronic worrying, and my concept of being a 'victim'.

I now have peace of mind for the first time in my life.

I am thrilled with the results and would recommend this process to anyone at any age.

E. R. North Adelaide

### **Chapter 6 It almost seems too easy doesn't it?**

Just like all of the above people changed their negative pictures to positive ones, you too are able to change your negative pictures and feelings that have affected your life negatively into positive pictures which result in a positive subconscious and a positive life.

By providing your sub-personalities with positive healing pictures and experiences you provide yourself with that positive foundation.

Negative beliefs have been removed and you are well on the way to reclaim your 'Self'.

### **Conclusion --- My Envisioned Mind**

- My Envisioned Mind is a 9 step-by-step formula.
- It is a gentle but powerful process which allows you to meet and heal the parts of you who hold your depression
- My Envisioned Mind has an over 95% success rate!
- My Envisioned Mind is available as a introductory kit. It contains all steps of the technique and extensive instructions. You can do this awesome process in the privacy of your own home and get well! As a bonus, there is also a comprehensive trouble shooting section included. Included in the fee of the self help kit is limited email support of an accredited consultant.
- There is an option available to do the whole program with an accredited consultant via Skype.
  - For people who want to go further with the technique there is the option for 'fine tuning' of your issues and negative experiences. This can only be done with an accredited consultant via Skype session.

### **You may be asking yourself, "Can I do this?"**

I would like to invite you to a free healing session where I will demonstrate the process and I will give you the first 2 steps of this 9 step process.

You will then find out if you can do My.EM

Will it work for you? And what help is available for me to do this process.

Log onto the website [www.myenvisionedmind.com](http://www.myenvisionedmind.com) and sign up.  
What have you got to Lose? Other than your depression

## **References**

1. Assagioli,R. (1975)Psychosynthesis, Penguin Press, England
- 2 .Restak,R. (1984) The Brain, Bantam Books, New York
3. Van der Kolk, B. (1995) The Body Keeps the Score, Harvard Press, U.S.A