

# ***LET & ABLE Newsletter***

***Issue 82 ... November 2021***

Be strong and encouraged is a powerful statement! It speaks to the very core of our human existence and how to respond to adversity and the trials of life. The life that we have and live can be filled with difficulties, highs and lows and the presence of evil. This is not fair and surely not something we signed up for.

One of the best ways to neutralize the sting and stress of this life is to have a mindset of being strong and encouraged. For humans, the battle for everything begins in the mind. The mind is a powerful force that when equipped with positive affirmations and determination, has the ability to withstand the harshness that people and our poor decisions can bring. Strong mindedness produces strength. Strength promotes courage. Courage can provide us with the necessary level of fortitude.

As I survey the life of individuals who have regular success and a substantial measure of joy and happiness in their lives, I see a theme of being strong and encouraged. There are people that we know who have stood the test of time and figured out how to come out on top most of the time. Their figuring and strategies stem from ensuring that they stand firm and strong at the darkest moments.

I want you to be strong and encouraged! I want you to have and experience the good things in life regularly regardless of the barriers that find their way into your life. I want you to be and feel blessed because you deserve. I want you to know that you have what it takes to mount up adequate strength and courage again. You can do this. We can do this.

***Recco***

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# **Addressing The Oppression That Causes Depression**

**By: Recco Santee Richardson, Ph.D., LPC**

With the holiday season upon us and the launching of 2022 in view, now is a suitable time to discuss depression. I'm beginning to realize that for the truly depressed person there is a need to unravel and address the oppression that is present in their lives. Efforts to decrease our level of depression without addressing the oppression is like applying a band-aid to a major life-threatening open wound.

Research reveals that there is a Christian biblical, psychological, and human growth perspective regarding oppression and depression. When approaching the stated topic, it is important to focus on offering strategies that helps manage depression, secure healthy emotions, and promote adequate coping skills. It is equally as important to offer and discuss proper interventions and techniques that are rooted in human development theory and time-tested treatment approaches. To be clear, there is an abundance of community-based programs, services, and initiatives that address the levels of oppression that we experience. What we must be willing to do on a regular basis is put forth the effort to be free from our oppression. The necessary steps to be free and safe can be difficult and take time.

## **A Review Of Oppression**

Oppression means the state of being subject to unjust treatment or control. It is the response to collective and intentional systematic lack that features on-going mental pressure and distress. Oppression is founded on and wrapped in acts of extortion, cruelty, extortion, deceit, injury, fraud, wrongness, violence, and other synonyms (see chart #1). The goal of oppression is to

## **This Article Discusses**

**Systems Of Oppression**

**The Rise Of Depression**

**Causes of Depression**

**Addressing Depression**

wear a person down by subjecting them to long-term and excessive suffering, laboring, toil, affliction, malice, reproach, obscenities, and slander.

**Chart #1 Synonyms of Oppression**

Persecution	Abuse	Maltreatment
Poor Treatment	Tyranny	Despotism
Repression	Suppression	Subjection
Enslavement	Exploitation	Cruelty

Depending on how it is practiced, oppression can be overt or covert. When the will of the more powerful is imposed, it is possible for specific groups of people to experience forms of economic, emotional, social, and structural oppression.

**Depression, The Fruit Of Oppression**

The presence of oppression in any form can cause good hearted individuals to experience levels of depression. The depression arises due to being overwhelmed, feeling hopeless, battling fatigue and the perception of having few options. There are several types of depression (see chart #2) and various meanings. Depression is the persistent feeling of sadness that moves individuals to experience various emotional, social, and physical symptoms and problems. When present, it can cause people to feel down, blue, and at a loss due to various changes, disappointments, and anger.

*“The presence of oppression in any form can cause good hearted individuals to experience levels of depression.”*  
**Dr. Recco**

**How Oppression Induced Depression Presents/Looks**  
**By Dr. Recco**

- Serious Injury**
- Bone/Joint Pain**
- Intense Emotions**
- Depression**
- Trauma/PTSD**
  
- Anxiety**
- Moodiness**
- Irritability**
- Fragile**
- Fatigue**
  
- Agitation**
- Isolation**
- Inadequacies**
- Loss/Grief**
- Dependency**

**Chart #2 Major Types Of Depression (DSM-5, 2020)**

Adjustment Disorder	Persistent Depressive Disorder
Seasonal Affect Disorder	Post-Partum Depression
Major Depressive Disorder	Bipolar Disorder
Psychotic Depression	Disruptive Mood Dysregulation
Premenstrual Dysphoric Disorder	

It is believed that about 7.1 percent (20 million) of all American adults, experience a major depressive symptom on a regular basis. Depression can cause people to lose pleasure from daily life, complicate other medical conditions, and lead to suicide (Mental Health America, 2020).

Research reveals that depression can occur to anyone, at any age, and to people of any race or ethnic group. Unfortunately, too many people resist treatment because they believe depression isn't serious, that they can treat it themselves, or that it is a personal weakness rather than a serious medical illness.

**The Traditional Causes Of Depression**

**1). Biological Differences:** People with depression appear to have physical changes in their brains. The significance of these changes is still uncertain but may eventually help pinpoint causes.

**2). Brain Chemistry:** Neurotransmitters are naturally occurring brain chemicals that play a role in depression. Recent research indicates that changes in the function and effect of these neurotransmitters and how they interact with neurocircuits involved in maintaining mood stability, may play a significant role in depression and its treatment. *(cont. page 6)*

**Oppression Induced Depression (cont.)**

**Acute Stress**

**Low Tolerance**

**Sadness**

**Fear/Phobia**

**Loneliness**

**Poor Esteem**

**Sense of Failure**

**Abandonment**

**Vulnerability**

**Despondence**

**Dejection**

**Low Self-Efficacy**

**Dread**

**Stress**

**Cognitive Delays**

**Poor Decisions**

# COUNSELING

Recco S. Richardson Consulting, Inc.  
3456 Pierson Pl., Suite C ... Flushing, MI 48433

## Our Clinical Counselors



Recco S. Richardson Ph.D., LPC



Rene M. Richardson, MSW, LLMSW



Tamera Huntley, LPC, CAADC-DP



Tanya Y. Jefferson, MA, LLPC



Samantha Cole, MS, LLPC

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**reccorichardsonconsulting.com/counseling**

## **We Help & Serve**

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**Anxiety/Panic**  
**Sexual Concerns**  
**Suicide/Cutting**  
**ADHD**  
**Poor Behaviors**  
**Depression**  
**Defiance**  
**Panic**  
**Moodiness**  
**School Problems**  
**Autism Spectrum**

### Adults/Young Adults

**Anxiety**  
**Bipolar**  
**Depression**  
**PTSD**  
**Suicidal**  
**Chronic Stress**  
**Relationships**  
**Moodiness**  
**Fatigue**

### Dating/Marriage

**Communication**  
**Challenges**  
**Expectations**  
**Legal Problems**  
**Commitment**  
**Forgiveness**  
**Finances**  
**Trust**

**3). Hormones:** Changes in the body's balance of hormones may be involved in causing or triggering depression. Hormone changes can happen during pregnancy, the weeks, or months after delivery (postpartum), and from thyroid problems and menopause.

**4). Genetics/Inherited Traits:** Depression is more common in people whose blood relatives also have this condition. Researchers are trying to find genes that may be involved in causing depression.

**5). Situations:** The things that happen in life and the world around us can cause depressive experiences. The human body and organs can only take so much stress, trauma, change, attacks, and outright debauchery.

**6). Co-Occurrence/Dual Diagnosis:** It is possible for other conditions/symptoms such as high blood pressure, cancer, and diabetes to cause levels of depression.

**7). Oppression:** A combination of genetic inheritance and situations, oppression is the least discussed cause of depression. As stated earlier in this writing, oppression can lead to depression due to its on-going presence of feeling overwhelmed, feeling hopeless, battling fatigue and the perception of having few options.

*“Oppression is the least discussed cause of depression.”  
Dr. Recco*

### **A Closer Look At Oppression That Leads To Depression**

A closer look reveals the impact that oppression has that leads to depression. Most individuals are not aware of the toil and negative impact living in oppression can bring into our lives.

## **Oppression Induced Depression (cont.)**

**Self-Sabotage**

**Annoyance**

**Low Boundaries**

**Drawn To Drama**

**Hyper**

**Impulsive**

**Anger**

**Aggression**

**Defiance**

**Excessive Talking**

**Unorganized**

**Incomplete Task**

**Poor Processing**

**Indifference**

**Low Effort**

**1). Our Personage/Emotions:** On-going oppression and depression can cause us to live in a place of anger, rage, frustration, intolerance, and moodiness (Eccl. 7:7). The stated can cause our true wisdom and character to take a back seat and rarely be seen again. The minishing and being brought low serves as a type of affliction and long-term sorrow (Psalms 107:39). The stated can cause individuals to dwell in environments and settings that further breed despair, turmoil and future struggles (Psalms 55:3). For these reasons and others, we must protect our heart and emotional life and under-gird them with a willingness to address our oppression and depression.

**2). Shutting Down:** One of the chief weapons of oppression and depression is its ability to encourage us to shut down emotionally, socially, physically, and financially. The first step of the stated tends to be not talking about our past and current struggles. Oppression and depression can shut us right up and encourage us to not listen to quality counseling. It can cause us to forgo logical reasoning that counters oppression and affliction (Job 36:15, Isaiah 53:7).

**3). Feeling Alone & Forgotten:** The grip of oppression and depression are its ability to convince us that we are alone and without any help. It fights hard to instill within us that we are forgotten and don't matter in life. To avoid shutting down, it is critical that we open our ears and be willing to hear truths regarding situations. We must do this so as to get from under the oppression and depression that comes to steal our joy.

There is always help, strength and support available if we reach out and ask for it. There is an arising in the heart of God, men, and women all over the world with a mission to help and safely restore those of us who feel alone, isolated, insignificant, forgotten and washed up (Psalms 12:5, Psalms 43:2).

## **Oppression Induced Depression (cont.)**

**Destructive**

**Blame**

**Non-Compliant**

**Stubborn**

**Low Value**

**Restrictive**

**Bland Affect**

**Poor Sleep Habits**

**Persistent Lack**

**Struggle W/Change**

**History of Abuse**

**Discomforted**

**Stunted Development**

**Over-Reactions**

**Persistence**

**Avoidance**

**Disassociation**

# Licensing Educational Training Program (LET)

Offered by Recco S. Richardson Consulting, Inc., the Licensure Educational Training (LET) Program is an effective supervisory program that targets Limited Licensed Professional Counselors (LLPCs) who need supervision.

## LET Services

**Group Supervision:** Monthly gatherings that review caseloads and discuss trends.

**Individual Supervision:** As requested, informal one-on-one sessions that provide personal attention and insightful strategies.

**Communication:** Unlimited monthly communication via phone, email, and text.

**Internships:** Placement in a counseling center for practicum and internship duties.

**Other:** NCE workshops, counseling residencies, business services support, book club and scholarly writing/research.

## Typical Supervision Topics

Case Conceptualization	Private Practice Insight
Treatment Planning	Personal Confidence
Clinical Diagnosis	Managing Difficult Clients
Career Planning	Grant/Proposal Writing
Ethical Dilemmas	Professional Disclosure



Recco Santee Richardson,  
Ph.D., LPC  
Author, Trainer, Educator &  
Clinical Therapist

## Contact Us

Recco S. Richardson  
Consulting, Inc.  
3456 Pierson Pl., Suite C,  
Flushing, MI 48433  
(810) 394-7815 (Office)  
(810) 732-6657 (Fax)

Website:  
[reccorichardsonconsulting.com](http://reccorichardsonconsulting.com)  
Email:  
[reccorichardsonphd@gmail.com](mailto:reccorichardsonphd@gmail.com)

