

# Socio-Political Depression



## JOE FERGUSON, PhD

PhD Clinical Psychology, Fielding University  
MBA, Wharton School of Business

I have friends and clients who are tormented by one catastrophic state of the world or another. The most fervent and honest of these torments are personal; with financial, relationship, existential and health issues topping the list. It is less clear why so many people torture themselves daily by imagining and re-imagining potential catastrophes that are impersonal, distant, abstract and vague; with politics and the decline of western civilization topping this other list. Fewer of us also agonize about what we see as crucial philosophical or mathematical propositions, or about such things as sports and fine art. On examination these

abstractions always stand as proxies for more personal concerns. Obsession with potentially catastrophic states of the world in any of these categories can lead to anxiety or depression, for which the effective treatments are entirely conversational and only mildly philosophical.

Conversational treatment of anxiety and depression consists mainly in pointing out that the feared catastrophe has not yet actually occurred, *and that this has always been the case in your actual experience*. I am delighted to report that this line of reasoning meets with surprisingly little resistance and that it provides immediate relief from acute anxiety and depression in most cases. On careful examination it is clear that the sorry state of the world as seen through dark glasses and depression is just exactly as valid as the happy state of the same world seen through rose colored lenses and exhilaration. Socio-political depression is rooted in a failure to realize this choice and it is defended by its sufferers as a logical necessity, which it is not. If you are socio-politically depressed and reasonably thoughtful I can probably talk you out of it without challenging your beliefs. Trust me. Call me.

## ***Relief, Recovery, Resolution***

332 Forest Avenue, Suite #17, Laguna Beach, CA 92651  
(949) 235-2615 ~ DrJoe@Fergi.com ~ www.Fergi.com