UNIT 9

Depression

PART I

Theme Introduction

Task ❶ Listen and fill in the following chart.

celebrity psychoanalyst ideologist music composer novelist

Celebrities and Depression

Occupations	Rate of suffering depression (%)	Rank
Scientists	18	5
Politicians	17	6
Artists	37	2
Novelists and poets	46	1
Music-composers	31	3
Ideologists	26	4

Dr. Poster, the British psychoanalyst, traced approximately 300 modern celebrities in his survey and got amazing correlation among those celebrities and depressive disorders. Among the 300 modern celebrities, nearly 17 percent of the politicians, such as Hitler, Napoleon, and Lincoln, harbored obvious symptoms of mental diseases. About 18 percent of the scientists, such as Einstein and Mendell, suffered from mental illness. As for ideologist, 26 percent of them were depressive. What's more, 31 percent of music-composers and 37 percent of artists suffered from depression. Surprisingly, Dr. Poster pointed out that the highest rate of the occupations with depressive disorders, among the 300 modern celebrities, was novelist and poet. Nearly 46 percent of novelists and poets suffered from depressive symptoms, including Faulkner, Laurence and Lermontov.

Task ❷ Talk about a celebrity with depressive disorders.

✧ This part is used to let students have a rough knowledge about

depression.

- ✧ Before class, students are asked to collect depressive cases about famous people.
- ✧ At the beginning of class, students are volunteered to present their preparations of depressive noted people.
- ✧ After the presentation, students are asked to listen to the survey of celebrities, and try to show their opinions on the survey to their partners.
- ✧ With the chart, students, working in pairs, are asked to talk about one of the famous people's lives and characters.
- ✧ After class, students are asked to find out more examples related to this survey, and find out possible ways to get out of depression.

PART II

Listening Task

Word Bank

chaos /ˈkeɪɒs/ *n.*	混乱
wiry /ˈwaɪərɪ/ *adj.*	尖细的
bout /baʊt/ *n.*	（疾病的）发作
oppression /əˈpreʃən/ *n.*	压迫
therapeutic /ˌθerəˈpjuːtɪk/ *adj.*	疗法的
dissipate /ˈdɪsɪpeɪt/ *v.*	驱散
stagnation /stægˈneɪʃən/ *n.*	淤塞
mood swing	情绪波动

Task ❶ **Short Conversations**

You will hear eight short conversations about depression. A question will follow each conversation. Listen carefully and choose the best answer from the four possible choices.

1. M: You're kind of down these days. Boy problems?
   W: Yes, I think it is hard for me to forget him. My tutor advised me that I could drink rose tea for this herbal tea is good for depression.
   Q: what's wrong with the woman ?
   A. She is ill.
   B. She is too busy.
   C. She has broken up with her boyfriend.
   D. She always forgets things.
2. W: I feel so stressed as I didn't do well on my exam yesterday.
   M: Sorry to hear that. Why not continue with your activities in Taiji club. I am sure you will soon forget about this after sometime.
   Q: Why does the woman feel bad ?
   A. She can't go to the beach.
   B. She failed in her exam.
   C. No one can help her.
   D. She can't change anything.
3. M: Why are you cut up recently, Nancy?
   W: Oh, we have a new course in Chinese medicine, which is so hard for me to catch up with my classmates.
   Q: what's the meaning of "cut up" in this conversation?
   A: Nervous.
   B. Happy.
   C. Embarrassed.
   D. Frustrated.
4. M: Hi, Sophie! Are you OK? Why do you look so upset?
   W: Oh, I am afraid of going home. I wish I could take the Math test again to get a better grade. Would you give me some message to relieve my stress?
   Q: What is Sophie asking for?
   A. Going back home with the man.

B. The result of her Math test.

C. The way to relieve herself.

D. A better grade of her test.

5. W: Jenny almost lost all her fortune in the fire.

M: But she still holds her head high and tries to restart her Chinese herbal shop. She is an optimist. I like this sort of people.

Q: Why the woman likes Jenny?

A. Because Jenny lost all her fortune.

B. Because Jenny is optimistic.

C. Because Jenny is bravery in the fire.

D. Because Jenny built a high house.

6. W: I always feel I'm left high and dry with nobody to rely on. In fact, This kind of feeling always comes alone with me since my failure of that acupuncture operation.

M: Don't be fool. I'll always side with you.

Q: what is the proper relationship between the two speakers?

A. Passenger and driver.

B. Friends.

C. Employee and employer.

D. Waitress and customer.

7. M: Are you feeling all right today? What did the doctor say?

W: I have had all kinds of tests. The doctor has given me some Chinese medicine and asked me to eat light meals only.

Q: Which of the following statement is true?

A. The woman is on diet.

B. The woman's problem is that her meals are too light.

C. The woman didn't feel well because she was preparing for all kinds of tests.

D. The woman can't have heavy meals.

8. W: I have been having a lot of mood swings lately. I think it has to do with the pills my doctor prescribed that are causing chaos on my

hormones.

M: So you mean you feel ecstatic one minute and then blue the next?

Q: which of the following statement about the woman is not true?

A. Her mood is not stable.

B. Her symptom is related with the pills.

C. She likes blue color.

D. There is something wrong with her hormones.

Task ❷ **long conversation**

Having heard that acupuncture was effective in treating disorders of depression, Kate sought out medical help in the hope that acupuncture could help reduce or stop her anti-depressive medication after treatment.

Here is a conversation between Kate and the doctor, listening carefully and fill Kate's medical record below.

Today is September 16th, 2013. Doctor Chen Zhiwen of Chinese Medicine is waiting for his patient in his office.

(Knock the door)

Doctor: come in please!

Kate: Good morning doctor! My name is Kate, I come from Europe.

Doctor: Good morning, what's wrong with you?

Kate: I have been suffering from depression for ten years. During each bout, I would feel depressed, and inefficient. I have poor memory, feeling fullness and oppression in the chest. I think all of these are related to her stressful work.

Doctor: What do you do?

Kate: I operate a restaurant on my own. Can you help me doctor?

Doctor: Open your mouth， and let me check your tongue.

Doctor: your tongue is pale with a thin, slightly greasy coating, and your pulse was wiry.

Kate: What do these represent?

Doctor: According to the identified dysfunction, you are suffering from depression with a liver Qi stagnation pattern.

Kate: What should I do?

Doctor: The therapeutic methods are: activating the liver's coursing function and dispelling depression, freeing the chest and dissipating stagnation.

Medical Record

Name: *Kate*

Date: *2013.9.16*

Job: *operate a restaurant*

Chief complaints: have been *suffering from depression for tens years*, during each bout, I would feel depressed, also inefficient. I have *poor memory*, fullness and *oppression* in the *chest.*

Diagnosed: you are suffered from depression with *a liver Qi stagnation pattern.*

Therapeutic methods: activating the liver's coursing *function* and *dispelling* depression, *freeing* the chest and dissipating *stagnation.*

PART III

Speaking Task

People sufffering from a depression may be characterized with some common symptoms. Please try to make up a role play with your partner, pretending one is depressive and the other is a doctor who is trying to offer some useful suggestions. You can take the following information on depressive symptoms as reference.

Low mood

Losing the temperature than usual

Loss of interests in activities that they enjoy

...

Teaching Steps

1. Ask students to think about symptoms of depression, and take a look at the signs and symptoms of depression.
2. Ask students to list some possible ways to alleviate depressive symptoms according to the signs and symptoms of depression.
3. Arrange the students in pairs and ask them to discuss the topic and do the role-play activity in the part of Oral Activity.
4. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
5. Select several pairs to present their conversations in class.

Language Focus

1. I always have difficulty in going to work or taking care of my daily responsibilities.
2. Sometimes I feel guilty and hopeless, and wonder if life is worth living.
3. I have slowed thoughts and speech.
4. I have got preoccupation for death or suicide.
5. I could not stop my complaints that ...
6. Keeping a mood journal would do some help.
7. Being alone is a bad idea for your depressive patients.
8. Traveling with your friends/Exercise slightly/Keeping positive motions would be good to alleviate your symptoms.

Oral Activity:

※ After discussing ways to alleviate depressive disorders, the students are required to organize their own conversation.

※ Ask all the students to find out their own partners, work in pairs.

※ Ask the students to Role Play the dialogue. Work with a partner. Make up conversations based on the following situations.

A is a doctor of Chinese medicine, while B is a patient with depression. A is trying to offer professional suggestions to B.

※ Assign them to organize their conversations, and select at least two pairs to present their conversations in class.

PART IV

Leisure Time

What would you do if you have infected with depression?

Students are asked to consider this question before they watch the video. They might list the ways to be mentioned in the video, and then compare their own answers with the information of the video. After watching the video, students are asked to retell the story.

Enjoy a short video "How to Cope with Depression", which is a confession of a person suffering from depression.

Script: I don't remember how it came up, but one time I mentioned to a co-worker that I have been kind of bumped out, and her advice to me was that I shouldn't be sad and I should be happy. She went on to say that I shouldn't think about bad things and I should think about good things instead and whenever she's sad she just think about flowers, rainbows and cute puppies and tomorrow is going to be a sunny day. She told me to try it so that I feel better, "happy, happy, happy, happy, happy!", and for the next two month she forward me e-mails with picture of kittens in them.

I also once said something similar to this guy I met at a party and he told me that I just have to get over it, that I have to lighten up and get outside of myself and talking to me was bring him down. And he said

he didn't want me to get offended or anything but I was really kind of a drag.

This teacher I had called me young man and said I have no business being sad as I have clothes on my back and roof over my head and food on the table and when he was a boy his father works three jobs and they were still struggling to get by, but he and his family were proud people and they had each other. And he said that any trouble I think I have was insignificant in comparison so I should just bulk up and stop talking non-sense.

My sister said that she has been depressed too and she felt like she has wasted her life and she just think of all the things she should've done and now it's too late. That her life feels meaningless and was if that everyone else in the world was on the "happy boat" that left the shore and she was stuck on "lonely island".

And lastly this guy I used to know in high school told me that if you were bumped what you really have to do was lift weights; because if you lift weights, you get big, and then you can get a cool car and then you can fuck chicks. He said that's what he did, he used to be skinny and then he start to lift weight and after a few month he was big, then he got himself a cool car and now he fucks chicks. And he went over it again: lift, get big, get a cool car and fuck chicks. And then he said not to worry about it that I was going to be alright.

PART V
Additional Task

Task ❶ **Oral Practice**

Work with a partner. One of you will take the part of A, and the other B. Make up short conversations based on the following tips on improving depressive situation. You may imitate the following model

dialogues.

Tips on improving depressive situation:

- Write down all the positive aspects of your life. Think about beloved people involved in your life, vacations you enjoyed, friends you have spent pleasurable times with or your family , children or pets.
- Join a support group or find people to be around when depressive symptoms strike. Surround yourself with positive influences or talk with people suffering from depression as well. Hearing another person's story of survival can be a motivating influence in your own life.
- Family and close friends can lift your spirits and help you re-evaluate your situation when times get tough.

Model dialogue

A: Judy, you seem to be gloomy all these days? What happened?

B: Nothing. I just feel I am kind of a loser. I did not do well in the exams this semester, I could not find a real hobby to enjoy myself, and I've got weight recently. I am not happy every day.

A: Of course you are not a loser. You are good at relations. You are patient, tender, and always a good friend to most of us. Our roommates always have a high opinion on your positive personality.

B: I'm happy to hear that. It seems I am not that bad as I thought of.

A: All you need is to have a vacation this weekend. Let's plan for it,ok?

B: What about my make-up exam? I will have to take it next weekend.

A: Don't worry about it. I will help you review the content of test-related information. I'm sure you will get improved this time.

Task ❷ **Listening practice**

Listen to a passage Insomnia and Depression. Fill in the blanks while listening.

Insomnia and Depression

It is investigated that 80 percent of depressed people experience insomnia, which means they have to face sleeping problems. Another type of insomnia is *waking up early* in the morning. This is in 15 percent of depressed people.

Insomnia is not just the depression symptoms, even *disordered sleep* may lead to depression. Delay in treating insomnia lead to first *episode* of depression. Insomnia depression is not just less sleep or waking up in the early morning. Actually sleep has well *defined pattern*. We cycle 4 to 5 times a night through a relaxed sleep marked by slow waves. People who are in depression fall in REM sleep, means that in sleep, people are in lot of pressures. People can get depressed in dream also.

When people experience insomnia, they *get frustrated* and full of anxiety. To compensate with sleep, they take some *behavioral* step. They stay in bed after morning for a long time or go to the bed early in the next night. But this behavior changes the pattern of sleep.

To treat insomnia depression you should better *avoid alcohol* or caffeine before sleeping. Set fixed time to sleep. Do not use bedroom for other activity. When you are in bed, use *relaxation techniques* that feel better. But don't imagine some creative thing that disturbs your mind and thus your sleeping pattern will change. Don't stay in bed for a longer period of time. Your computer or TV should be out of your bedroom. Your mind will *change to stimulate* it. And thus it makes harder to sleep. Try to listen to music, take bath, read some storybooks before going to sleep. Exercise is helpful but if done 2 hours before sleeping. *Aerobic exercise* is best for depressed people. Avoid stressful situation before sleeping.