



A HOLISTIC APPROACH TO TREATING DEPRESSION & ANXIETY

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Introduction



“Feels like I’m at the bottom of a well. There’s no way out. Nobody knows I’m trapped down here. Nobody cares. Nobody is missing me.”

“The thought of getting out of bed, taking a shower, cleaning up the place... Why?”

“I’m tired. Empty. Numb. I don’t want to see anybody. I don’t want to do anything.”

“If I wasn’t here anymore, would anyone even notice?”

...

Where do you turn when the despair and the fear and the hopelessness feel as though there is no end in sight?

I wrote *A HOLISTIC APPROACH TO TREATING DEPRESSION AND ANXIETY* to offer answers. I scaled that title into this *LITE* version to offer QUICK answers!

I’ve suffered with depression. My dear mother suffered with depression. I’ve dedicated my life to answering the question ‘Where do you turn?’ and to helping people discover health, happiness, and wholeness, beyond depression’s grip.

As founder of two of the most successful Christian Mental Health Treatment programs in the world, and as Director of Lighthouse Network, the #1 Christian Mental Health Helpline in the United States, I’m thrilled to share what I’ve learned along the way.

We’ve treated hundreds of patients, many of whom had been suffering for years, having tried other programs, medications, and approaches, all to frustrating ends...and no relief.

Depression and anxiety don’t deserve the last word. By recognizing these disorders for what they are and treating them in a thoroughgoing, holistic way, you can re-write your narrative.



01. Depression

“Being on meds just means I’m numb. Going through the motions. Work. Home. Whatever. If I wreck the car on the way to work... whatever.”

“When it’s real bad, I come home from work and crash in bed for the whole weekend. If I didn’t have to walk and feed the dog, I wouldn’t get up.”

“I tear up and cry... and I don’t even know why.”

“Everything is dark. The world lost its color. I just want to close my eyes.”

...

What is Depression?

Depression is different from sadness. Sadness is an emotion we all experience in life. It usually results from a direct situational cause—perhaps in response to loss, a sudden, drastic, or unforeseen change in life circumstances, or adversity. Sadness typically lasts a short time, and doesn't significantly interfere with your normal day-to-day activities, responsibilities, and relationships. With sadness, *there is a light at the end of the tunnel.*

Depression, in simple terms, is more than just feeling sad or down. A person suffering with depression can't simply "snap out of it." Depression is a complex mental health condition which affects your thoughts, feelings, and daily life. Imagine a heavy, persistent fog that clouds your mind and distorts your perception of the world. And imagine that this fog seems like it will never clear; *as if there's no light at the end of the tunnel.*



Ask yourself: As you're feeling depressed, can you imagine a light at the end of the tunnel? Can you see past the sadness? Is there a point on the horizon where the clouds break?

People experiencing depression often find it hard to muster the energy or interest to engage in activities they once enjoyed. It's not just about feeling low; it's a pervasive sense of disconnection and numbness.

Depression can also impact the way you think. Negative thoughts about yourself, the future, and the world around you can become a constant companion. It's like having a critical voice in your head that drowns out any positive thoughts. This distorted thinking can further contribute to a sense of hopelessness.

Depression is dangerous and can become deadly if left untreated.

With treatment, you can find relief from the heavy fog and rediscover the beautiful colors of life!



A Depression Self-Assessment

While depression varies person to person, there are some common signs and symptoms to recognize.



Here are signs and symptoms to look for—

- Feelings of sadness, emptiness, and hopelessness. It seems as if nothing will ever improve. You can see no light at the end of the tunnel.
- Apathy towards or a diminished pleasure in life activities. You've lost interest in things you used to enjoy. You don't care anymore.
- Significant changes in appetite and body weight. You've experienced either a marked weight gain or weight loss over a short period of time.
- Changes in your sleep pattern. Insomnia or oversleeping, you're either not able to sleep or you're sleeping significant hours of your life away.
- Increased anger or irritability. Your tolerance level is low and your temper is short. Everyone and everything gets on your nerves.
- Fatigue or a loss of energy. You always feel exhausted and even simple everyday tasks take everything out of you.
- Feelings of self-loathing, worthlessness, or guilt. You've become extremely critical of and disappointed with yourself, perhaps even to the point of suicidal thoughts.

Do you recognize these signs and symptoms in your

own life or in someone you love? Don't be discouraged.

Depression can be successfully treated.



02. Anxiety

“I’m literally shaking. Having a hard time catching my breath.”

“Pins and needles... all over. I may throw up.”

“My chest is tight. I feel like I’m choking.”

“Fear. All the time. I can’t stop thinking about things. I can’t turn my mind off. Make it stop!”

...

What is Anxiety?

Becoming anxious is a common human experience everyone encounters at some point in their lives. It is a normal emotional reaction to fearful circumstances, triggering a fight-or-flight response when we feel threatened or are in danger. In moderation, anxiety isn't a bad thing, rather it helps us stay alert and motivates us to solve problems.

However, when anxiety becomes overwhelming or persists without a clear trigger, it can interfere with your daily life. If anxiety becomes more constant than occasional, if it starts to impact other aspects of your life, you may be dealing with an anxiety disorder.



Ask yourself: As you encounter feelings of uneasiness or fear, do you experience any physical symptoms like perspiration, restlessness, muscle tension or a rapid heartbeat? Are there places where your anxiety begins to interfere with other areas of your life and everyday routines?

An anxiety attack can be described as an abiding feeling of unease, worry, or fear, which arises in response to uncertain or challenging situations. It's like having a knot in your stomach or a fluttering sensation in your chest when facing something that makes you nervous.

Anxiety appears in various forms, ranging from mild nervousness to more intense feelings of panic. And it is not just a mental state; anxiety also has physical symptoms. Sweating palms, a racing heart, and difficulty breathing and/or concentrating are all common signs.

Anxiety is disabling, and its symptoms can worsen if left untreated.

With treatment, you can find relief from fear and worry and rediscover the fullness and excitement of life!

“

Of all the liars in the world, the worst are our own fears.

–Rudyard Kipling

”

An Anxiety Self-Assessment

While anxiety varies person to person, there are some common signs and symptoms to recognize.

Here are signs and symptoms to look for—

- You are constantly tense or worried. This is not only psychological, but you may also tend to feel tense physically too. You may also experience symptoms of nausea, hot flashes and stomach upset that may also lead to diarrhea.
- You have irrational fears or thoughts that won't go away. These fears are accompanied by constant intrusive thoughts that feel difficult to put away.
- You experience sudden heart-pounding panic. This could be out-of-the-blue or caused by a specific event or situation you are facing.
- You feel like danger is at every corner. You become paranoid of your surroundings and don't feel safe. You may also feel like you are losing control or will go crazy in certain situations.
- You feel detached or unreal; the experience feels weird or imaginary.



Do you recognize these signs and symptoms in your own life or in someone you love?
Don't be discouraged. Anxiety can be successfully treated.

03. How Depression & Anxiety Are Traditionally Treated

Depression and anxiety are common mental disorders. The very good news is that they are among the most treatable of all mental disorders, and many who suffer respond to treatment, experiencing positive results and progress.

After a proper diagnosis, an assessment by a psychiatrist or therapist gathering information about your symptoms, history, and other relevant factors will assure a specific course of treatment to meet your particular needs can be planned, outlining specific goals and objectives.

Therapeutic Treatment

There are several different types of treatment available for depression and anxiety, and the most appropriate approaches will depend on your specific symptoms, history, and preferences. Some of the most used effective treatments include:

- Medications appropriate for treating depression and anxiety may be administered, managed, and monitored by your doctors, and dosage may need to be adjusted in the process.
- Cognitive-behavioral therapy (CBT) may be utilized to help you focus on problem solving in real-time and to help identify and challenge negative thought patterns and behaviors which contribute to your symptoms.
- Exposure therapy may be useful if you struggle with anxiety. Exposure therapy involves gradually exposing you to feared situations or objects in a controlled environment, allowing you to learn these situations are not as dangerous as you may have previously believed.
- Mindfulness-based stress reduction which involves learning to focus on the present moment and accepting your thoughts and feelings without judgment may be useful in treating both depression and anxiety.
- Lifestyle change may be encouraged to help you reduce the severity of your symptoms. Things like getting enough regular sleep, exercise, and maintaining a healthy diet can all play an important role in reclaiming control of your life.

Medications

Antidepressants are a class of medications commonly used to treat both depression and anxiety. There are several types of antidepressants available. Here is a quick breakdown on the most often prescribed antidepressants:

- Selective serotonin reuptake inhibitors (SSRIs) are one of the most often prescribed class of antidepressants on the market. SSRIs work by increasing serotonin levels in the brain. SSRIs are usually the first medicine chosen to treat depression because they generally have fewer side effects than other types of antidepressants.
- Serotonin and norepinephrine reuptake inhibitors (SNRIs) are FDA-approved medications to treat depression symptoms and generalized anxiety disorder. SNRIs work by increasing serotonin and norepinephrine levels in your brain and blocking (inhibiting) the reuptake of these chemicals, meaning more serotonin and norepinephrine are active in your brain.
- Benzodiazepines are popular anti-anxiety drugs that help treat panic attacks, worrying or fear. Benzodiazepines work by slowing down the nervous system, assisting you to relax both physically and mentally. They are quick to work but are only meant to be used over a short period of time to lower the risk of side effects.

Types of Psychotherapy

There are different types of psychotherapy which may be utilized in treating depression and anxiety depending on your needs and circumstances. Your doctors or therapists may combine elements of different approaches for the best results.

A few of the more well-known evidence-based forms of psychotherapy include:

- Cognitive behavioral therapy (CBT), useful in helping people identify and change harmful or ineffective thinking and behavior patterns, replacing them with more accurate thoughts and functional behaviors. CBT can help a person focus on current problems and how to solve them. It often involves practicing new skills in the real world.
- Interpersonal therapy (IPT) is a short-term form of treatment. It helps patients understand underlying interpersonal issues that are troublesome, like unresolved grief, changes in social or work roles, conflicts with significant others, and problems relating to others. IPT can help people learn healthy ways to express emotions and ways to improve communication and how they relate to others.
- Dialectical behavior therapy (DBT) is a specific type of CBT that helps regulate emotions. It is often used to treat people with chronic suicidal thoughts and people with borderline personality disorder, eating disorders and PTSD. It teaches new skills to help people take personal responsibility to change unhealthy or disruptive behavior. It involves both individual and group therapy.
- Exposure therapy may be helpful in treating anxiety by gradually exposing you to feared situations or objects in a controlled environment, allowing you to learn these situations are not as dangerous as you may have previously believed.



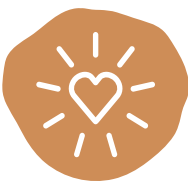


04. Treatment-Resistant Depression & Anxiety

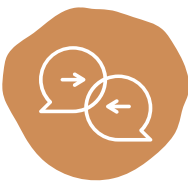
Typically, people who've been on medications and have had psychotherapy see a reduction in their depression or anxiety symptoms. Patients who've been treated but aren't seeing improvement may have what is referred to as treatment-resistant depression or treatment-resistant anxiety.

It's important to remember that the label of treatment-resistant doesn't mean it's impossible for you to feel better and reduce the severity of your symptoms. It just means that you haven't experienced sufficient relief from whatever treatments you've tried so far.

At this point, further assessments may be necessary, including reviews of:



Your life situations to see if anything is contributing to your symptoms



Your responses to the treatment(s) you've received



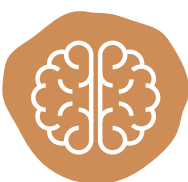
Reviews of all your medications, to ensure drug interactions are not contributing to your symptoms



Discussions to be sure you're taking your medications and participating in all therapies as prescribed



Physical and medical evaluations to ensure nothing physically or medically is contributing to your symptoms



Mental health evaluations to ensure there is no co-occurring mental health disorder.

Procedures to Treat Treatment Resistant Depression

If medications and psychotherapy aren't working, you may be a candidate for additional treatment options, such as:

- Repetitive transcranial magnetic stimulation (rTMS). This type of treatment uses magnetic fields to stimulate nerve cells in your brain to improve your symptoms. In this non-invasive therapy, an electromagnetic coil is placed against your scalp near your forehead. Minor electric currents stimulate nerve cells in the region of your brain involved in mood control and depression.
- Ketamine is a medication that's delivered through an IV in low doses for rapid relief of hard-to-treat depressive and anxiety symptoms. Its effects can last from days to weeks. Usually, it's given in decreasing frequencies over several weeks.
- Electroconvulsive therapy (ECT). In some cases of treatment-resistant depression, ECT may be administered while you are asleep, sending a carefully measured dose of electricity through your brain. ECT seems to cause changes in brain chemistry that can relatively quickly reverse symptoms of major depression. Although there are potential side effects such as temporary confusion or temporary memory loss, a series of ECT treatments may provide significant relief of severe depression.



05. A Holistic Approach to Treatment

Having covered the traditional approaches to treating depression and anxiety, I'll call your attention to what is typically the overlooked ingredient in effective treatment, the key ingredient which makes Christian Residential Treatment programs like Sanctuary Clinics stand out—the spiritual component in healing and wholeness.

So far, we've been identifying and addressing the symptoms of depression and anxiety through assessments, medications, and therapy. This would be sufficient if we were only dealing with mind and body, but human beings are tripartite beings, consisting of *mind, body, and spirit*.

Many treatment programs give lip service to the spiritual side of our beings, offering spiritual tracts or amenities as a part of their programs. These programs tend to shy away from identifying with that spiritual aspect, instead referring to belief in a nebulous “higher power.”

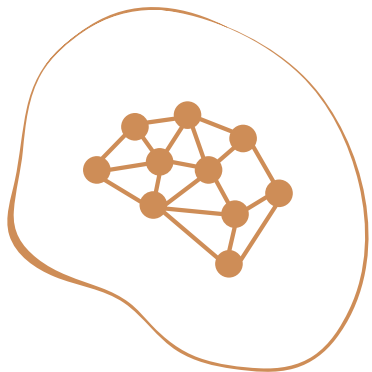
This falls far short of recognizing the God of Creation; the One who *“knit us together in our mother’s womb,”* and who is called *“Our Loving Heavenly Father.”* Looking to *“the Great Physician,”* the *“Mighty Counselor,”* and *“Lord and Savior,”* Jesus Christ, and finding our help in the Holy Spirit, our *“Comforter,”* and *“Intercessor”* is vital to the healing process.

At Sanctuary Clinics, the spiritual aspect of healing and recovery is not an elective, but rather an all-out immersive experience.



A holistic approach to treating depression and anxiety considers the interconnectedness of our mental, physical, and spiritual well-being.

Understanding Mind, Body, and Spirit



Mind

Your mind is the epicenter of your thoughts and emotions. It plays a pivotal role in the experience of depression. In treating depression and anxiety, medications and therapy can both be utilized in addressing and stabilizing symptoms, in identifying and modifying negative thought patterns, in reframing perceptions, challenging distorted beliefs, and developing healthier coping mechanisms.



Body

The intricate relationship between mind and body is undeniable. Your physical and mental health are connected, and addressing the physical aspect is crucial in a holistic approach to depression and anxiety. Physical activity is known to release endorphins in our brain, our body's natural mood enhancers and promote neurogenesis, the growth of new brain cells. A balanced diet supports your overall well-being, and specific nutrients like omega-3 fatty acids have been linked to improving your mood. Adequate sleep is vitally important to mental health. Sleep disturbances are often intertwined with depression and anxiety symptoms.



Spirit

Your spiritual identity provides you with a sense of purpose, meaning, and connection with God and others.

The spiritual dimension of our existence is a most powerful, and yet often overlooked and even neglected aspect of mental health treatment.

First and foremost, we were not created to be islands-unto-ourselves. We were made for community, for relationships with others. Connecting with a supportive community or engaging in activities which nurture your soul can be profoundly therapeutic.

Your Medication: A Supportive Role in Holistic Care

While a holistic approach to treating depression and anxiety involves medication, medication is seen in a more supportive than a healing role—medications do not cure depression or anxiety; they address their symptoms.

You cannot get any traction on truth when you're dealing with a despaired or anxious mind. Medication is likely a first step in this regard, to address symptoms. Antidepressant and anti-anxiety medications, when prescribed carefully and monitored closely, can help alleviate symptoms and create a more stable foundation for holistic interventions to take effect.

Evidence-Based Therapeutic Interventions

A holistic approach to treating depression and anxiety recognizes the interconnectedness of your mind, body, and spirit. Evidence-based therapeutic interventions—CBT, DBT, etc.—help us move deeper than the symptoms themselves to identifying the root causes, contributors, and triggers of our symptoms.

Therapy helps us look back and understand experiences in our lives, whether it's trauma or history, or relationships, or a dysfunctional family of origin, or life circumstances, that may be contributing to our depression or anxiety. Challenging and/or traumatic experiences of our past need to be processed the right way.



By addressing the root causes and triggers through psychotherapy, lifestyle modifications, and spiritual exploration, you can embark on a journey toward lasting mental health.



06. Spiritual Truth—The Foundation for Healing & Wholeness

The foundation for healing and wholeness is realizing that a lot of depression and anxiety are tied directly to what we do or do not believe, and more specifically to our identity in Christ.

We have to operate in truth. The greatest attack of the very liberal and woke world we which we live today is on truth, asserting that all truth is relative. This is not so. There is absolute truth, and living life to its fullest potential depends on it.

When scientists and engineers design and build a rocket, they do not operate on an ‘all truth is relative’ course, but rather they depend on the laws of the universe, the laws of gravity, and so on. The same can be said for moral and spiritual laws; they’re all a necessary part of our experience ... and therefore, a part of our healing.

We know when it comes to depression and anxiety, they always involve fear. Think of it: fear of being hurt, of being alone; of being poor; of failure; of being homeless; of being unloved; of poverty; of not measuring up, etc.

It is a spiritual reality that fear is the tool of the enemy. Truth and love are the remedy for fear.

Fear is a condition of the fallen world we live in. You don’t have to look far to see evidence of the depravity of this world; sinfulness, sickness, hatred, and death are everywhere. People don’t understand this truth, and falsely believe happiness and wholeness can be found in the if onlys ... if only they find a better job, earn a little more money, have a little bigger house, have a house with a white-picket fence and a new car in the driveway, kids in private schools—as if these things can solve the despair and the worry.

Do we need any more evidence that these things don’t remedy the brokenness and heartache? Don’t the Anthony Bourdain, Kurt Cobain, Chris Cornell, Michael Hutchence, Naomi Judd, and Robin Williams’ of the world tell us fame, fortune, and having “everything you could ever want” can’t fill the void?

And this truth applies to Christians, too. C.S. Lewis is a renowned Christian author and apologist who wrote of his own battles with depression. His work, *A Grief Observed*, is a brutally honest reflection of dealing with heartbreaking loss and resulting crisis of faith.

In *The Problem of Pain*, Lewis wrote—

“

The settled happiness and security which we all desire, God withholds from us by the very nature of the world: but joy, pleasure, and merriment, He has scattered broadcast. We are never safe, but we have plenty of fun, and some ecstasy. It is not hard to see why. The security we crave would teach us to rest our hearts in this world and oppose an obstacle to our return to God: a few moments of happy love, a landscape, a symphony, a merry meeting with our friends, a bath or a football match, have no such tendency. Our Father refreshes us on the journey with some pleasant inns but will not encourage us to mistake them for home.

”

Lewis said, on the way home we may encounter some nice hotels, some inns—that’s what they are, they’re temporary; they last for a season. They come, and they go.

This is the perspective we come at depression and anxiety treatment from at Sanctuary Clinic, and as Christians. If all of life is miserable, it’s temporary. We need to be lifted up by the Holy Spirit, constantly in the presence of Jesus, where we are outside of ourselves and where we realize we are not so much a body with an eternal soul, but we are an eternal soul with a temporary body...and this life is struggle and suffering.

07. The Game Changer— Created to Live in Community

Isolation is a symptom of both depression and anxiety. We were not built for isolation. We are built for relationship, and love is the currency of relationship. We have to learn how to be intimate, and receive intimacy; to feel safe, and that's not something we adapt to easily, especially when we've grown up in families where there have been inappropriate or dysfunctional relationships; when we've learned from parents or other family members wrong ways to relate to people; where we've learned to be selfish and narcissistic. Learning how to relate to others, to love God and to love others, those are all principles we're learning at Sanctuary Clinics.

You see it in the 2nd Chapter of Acts in the Bible. Any community, really—can be a church community, an AA group community, in the case of residential treatment, a supportive healing community—life thrives in these settings. Outside of community, our mental health atrophies.

We were made for community. Community is what creates resilient children.

And community is being lost on this generation. Young people today are caught up in their screens, becoming more and more isolated, living in a false sense of reality, and replacing personal interaction with digital encounters. Is there any wonder young people today are struggling to relate, feeling insecure, are worried that they don't measure up, and desiring to hide behind digitally crafted personas?

We're talking about age-old principles that have disappeared as society had become glued to their screens. We've lost community. We have a generation of kids who rarely interact with the people around them. Just a generation ago, kids were out on their bikes, playing games in the streets, interacting, and sharing. They've exchanged it today for what they call "the global community," but it's all digital, "at your fingertips." The result of virtual community is human isolation; no human interaction to sooth, or feel seen, or to feel secure, because everything on the screen is lying to them. The screens are telling people why they are not enough and don't measure up, why they're a failure, and why there is no hope.

Read that last sentence again—these are the very ingredients that make up depression:

- *I'm inadequate and I never measure up.*
- *I'm a failure.*
- *Because of those things, I have no hope.*

What we're talking about here is a reintroduction of community as depicted in the 2nd Chapter of Acts. *Any community that serves to get us outside of ourselves, that is the sure cure for depression.*

Treatment in an Authentic Christian Community

In addition to utilizing the latest in neuroscience, medical interventions, medications, evidence-based therapies, and practices, Sanctuary Clinic recognizes that true healing and hope are most powerfully realized in the context of loving, authentic Christian Community. Many of Sanctuary Clinic's doctors, therapists and support staff live on campus, sharing life and interacting with patients. The pathway to health and wholeness at Sanctuary Clinics is not a solitary trek, but a shared journey.

Sanctuary Clinics' Aftercare & Alumni Community

Community continues even after you've completed your treatment through Sanctuary Clinics Aftercare and Alumni Communities, offering gatherings—in-person and virtual—throughout the week. You're not alone on the road to health and wholeness.



08. Neuroscience & State-of-the-Art Therapies in Treating Depression & Anxiety

While most treatment programs come at treatment primarily through medications and psychotherapy, new cutting-edge technologies are giving us a deeper look into the brain and its operations, allowing for more targeted and effective treatment. Employing neuroscience and other state-of-the-art therapies can be especially helpful in treating treatment-resistant depression and anxiety.

Just how neuroscience works is discussed more fully in the long-form version of this book. Sanctuary Clinics utilizes the very latest in neuroscience and state-of-the-art therapies in treating depression and anxiety with a high level of success.

Through neuroscience, the latest in micro-neurofeedback technology, we can do a brain map—essentially taking a picture of the brain and observing what is happening inside, where there is activity and where there is not—we can determine whether a person is controlled by their emotions, and more specifically which emotions for allowing a more targeted treatment on those areas of need.

We see patients who are able to get ahead of their symptoms, become preemptive with anxious or despairing thoughts. Neurofeedback gives us that extra second to take a thought captive, to take in a breath of truth, to know that God is on our side and that in Him, we are more than conquerors.

Epilogue: From My Heart to Yours

Of course, I've written this book because I believe if you or someone you love suffers with depression or anxiety, getting treatment is the very best course to follow. And I believe that Sanctuary Clinics and our holistic *mind, body, spirit* approach represents the very best path forward towards health and wholeness, and freedom from depression and anxiety's grip.

But I also realize that many who read this book will not, for one reason or another, become Sanctuary patients. Whether you're able to find treatment more local to you or find what feels like a better fit for you, I wish you the very best in your healing journey. I still want this book to be a source of education and encouragement to you.

The Heart of the Matter

The very nature of depression and anxiety is spiritual. Depression and anxiety need to be understood in terms of eternity.

Those spiritual truths I mentioned earlier, like the laws of gravity and thermodynamics, are unavoidable and unalienable. Here are truths that need to be taken into account when we consider our sufferings in this world: We are only here on earth for a very short time and our purpose, while we are here, is to have the character of Christ formed in us.

Our path to healing and wholeness is the path back into God's perfect presence.

The key then, is understanding that the promise of God is not to take suffering away from us, but rather He promises to be with us in the suffering.

This is where we have hope, and where we must place our faith; that we will have fellowship with Him in the midst of what we're going through. As we are experiencing pain and suffering, He is with us.

“

The secret of joy is Christ in me, not me in a different set of circumstances.

–Elisabeth Elliott

”

Will You Pray with Me?

My heart hurts as you are hurting. In closing, I'd offer this prayer up with you; may He meet you in this hour of despair or worry, and comfort you!

Jesus, I embrace you in my sadness today. I will seek your presence in every feeling, event, and person that you bring into my life today. Whether it brings joy or sadness, I know I can find you there. I will listen for your still, small voice which is present during and after every storm in my life. I know that the one sure place I can find God is in a broken heart.

-Amen.

[Sanctuary Clinics and/or David Hoskins contact info, social media, URLs, etc.]

About the Author



David Hoskins' extensive experience in the mental health treatment and addiction recovery fields led him to found Sanctuary Clinics in April of 2022.

Serving as both a HELPLINE Case Manager and CEO of The Lighthouse Network (founded in 2003, Lighthouse Network is a leading Christian mental health and addiction HELPLINE), and as Director of Rehabilitative Services for Oasis Detox and Rehabilitation Services, David developed a unique vision for a different kind of treatment experience—one that was truly Christ-centered, bringing together the power of God and the very latest in evidence-based medical and mental health interventions and therapies, and treating patients holistically, mind, body and spirit.

With these aims in mind, in 2015 he founded Honey Lake Clinic, which grew in just its first few years to be recognized as the #1 Christian residential mental health treatment program in America.