

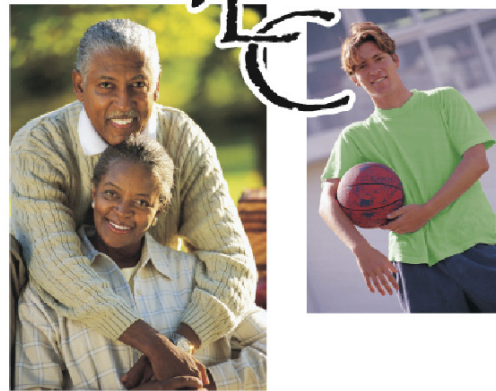
# Are You Depressed?

- Have you been feeling down for the past few weeks?
- Have you lost interest in doing things you used to enjoy?
- Do you have less energy?
- Has your appetite changed?
- Are you having trouble sleeping?
- Do you have difficulties concentrating?
- Have you felt sluggish or fidgety?
- Have you lost interest in sexual activity?

If so, you may be eligible. This treatment is available for community members, KU students, and employees. Individuals currently taking medication for depression are not excluded and need not discontinue medication.

There are effective alternatives to medication

The lifestyle changes in the TLC treatment have been shown to be as effective as medication in treating depression. Many people find that medication use has numerous side effects, and its benefits persist only as long as it is taken.



For more information about TLC

you can contact us

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We are a non-profit organization working with the University of Kansas Psychology Graduate Program

[www.psych.ku.edu/tlc](http://www.psych.ku.edu/tlc)

# TLC Therapeutic Lifestyle Change

A new treatment for depression



- Clinically supported treatment for depression
- An alternative or supplement to medication
  - Based on healthy lifestyle changes
  - Free of charge!

# What is TLC?

Long ago life was different.

People's days were active, spent outdoors hunting, gathering and building shelters in the sunshine.

Communities were small but tightly knit. Sleep was more regular and even diets were different.

Today's world forces people to live in an unnatural state.

People live high-stress lives. They work more, exercise and sleep less and have unbalanced diets. Worse, people have become isolated and alone.

Depression is a result of this toxic lifestyle.

Dr. Steve Ilardi has developed the Therapeutic Lifestyle Change approach in response to increasing evidence that depression is a result of a mismatch between modern environment and human design. This treatment focuses on lifestyle changes that recapture a more natural state.



# The TLC Plan

## EXERCISE

Starting a regular aerobic exercise schedule.



## SUNSHINE

Getting outdoors and increasing sunlight exposure.



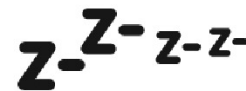
## SOCIAL ACTIVITY

Improving social skills and opportunities to interact.



## SLEEP

Learning to get a good, restful night's sleep.



DIET Including Omega-3 supplements that have been shown to improve mood.



# A Research Study

TLC is part of an ongoing research study at the University of Kansas directed by Dr. Steve Ilardi.

This treatment is available to community members and KU students **free of charge**.

## Group Format

Sessions are conducted in a group format, meeting with four to seven other participants, and usually last an hour and a half.

## Length of Treatment

Treatment consists of twelve sessions, spread out over fifteen weeks. Groups meet weekly for 12 weeks with 2 maintenance sessions.

## Confidentiality

Participant privacy is maintained throughout the study and is a program priority. All personal information is confidential.

