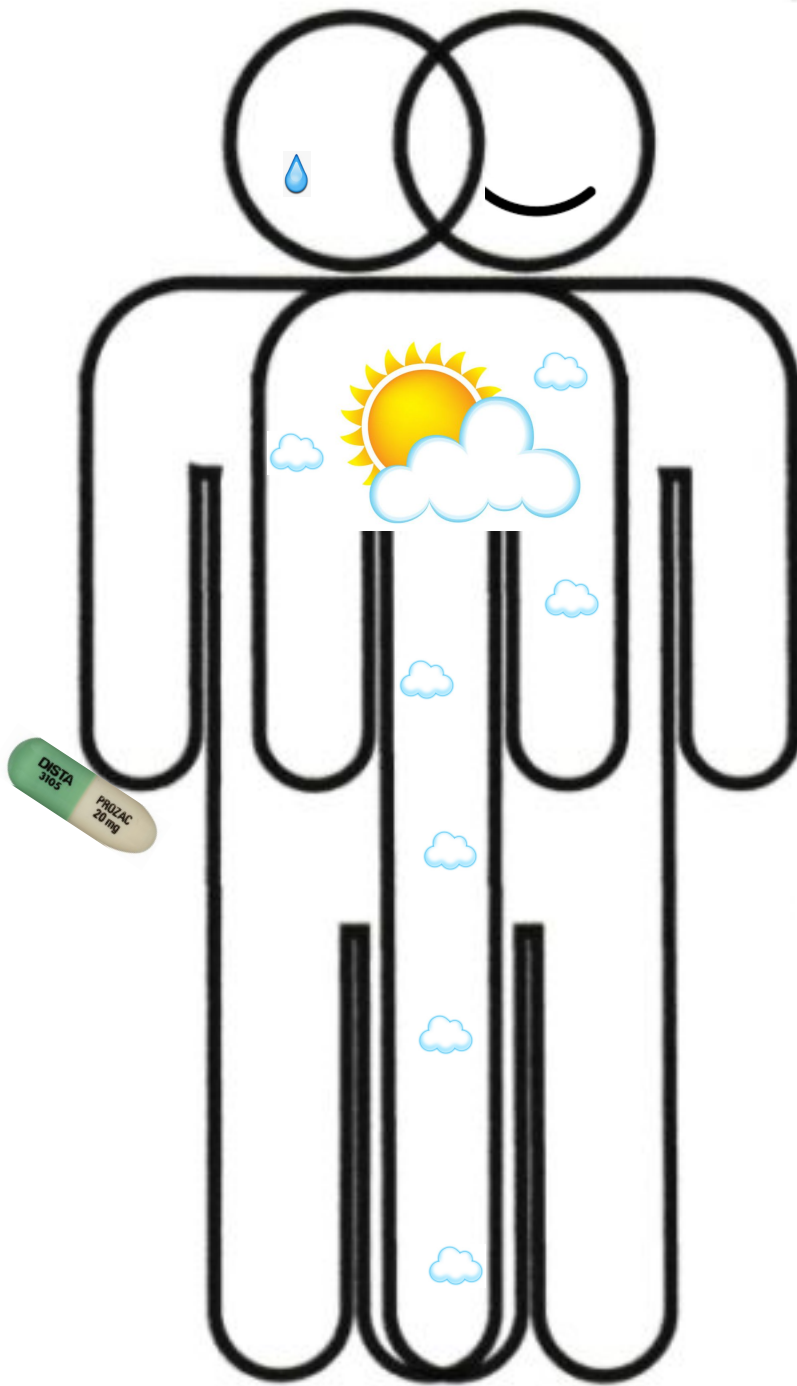


*In client's experience, what triggered them to seek counselling/psychotherapy in relation to their experience with depression? What were the client-defined outcomes of therapy? And how can this inform counselling practitioners?*



**Themes: Depression/Medication/Social-Support/Therapeutic Relationship**

**Group: 'Walking Through'**



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Ludmila Bebjakova



Bruno Conde



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Tianshui Gu

# Presenting the Poster:

The concept behind this poster is a very simple one:

- It brings two individuals - one of them congruent, represented by the little smile, the other one in a state of incongruence, with depression, represented by a small tear.
- The incongruent individual brings with him medication prescribed, but which is not having the desired effect in helping with depression.
- The two individuals intersect each other, representing the therapeutic alliance. It is within this intersection that the work is done and the individual suffering can find some clarity, allowing connection with his true-self and finding renewed incentives to enjoy life. The light he has within is no longer obscured by his own clouds.