

Chapter 11

Postscript

Uncertainties remain about the most efficacious manner in which to support, respond to and manage depression in women. As practitioners, we work with many, many women and we need to have a broad array of activities and resources to offer them as they work to regain and/or redevelop their safety, confidence, sense of self and trust in the world around them. Above all, my hope is that this book will be of interest to a wide range of readers and, as a result, that women who have experienced violence and depression will be offered, and will find that, journaling with the support, encouragement and validation from other women can provide new possibilities for living well.