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**One Hour AT A Time
Archives Available
May 01st 2017:Encore: Perfectly Hidden Depression**

Depression is experienced by many in the United States - approximately 9 percent of the population-, yet there remains a strong stigma against revealing depressive symptoms or being treated for it. This is one of the factors helping to create a phenomenon of hiding depression. Dr. Margaret Rutherford has been researching what she terms Perfectly Hidden Depression, and will talk about how someone with PHD adopted such a strategy, what it looks like in daily life, what doctors and therapists need to look for in order to treat it, and how someone with PHD can change to have a healthier life.

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Featured Guest



Dr. Margaret Rutherford, Clinical Psychologist/Author

Dr. Margaret Rutherford has been in clinical practice for over twenty years in Fayetteville, Arkansas. She graduated in 1992 from the University of Texas Southwestern Medical Center, where she served as Chief Intern at Parkland Hospital. She's the author of the eBook, "Seven Commandments of Good Therapy," which is available on her website, Dr. Margaret Rutherford: Helping You Believe In Yourself (<http://DrMargaretRutherford.com>.) Her writing and expert advice can be found on The Huffington Post, The Mighty, Readers Digest, Prevention, as well as many other online venues. She received the Arkansas Psychological Association's 2009 Private Practi

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