



The
British
Psychological
Society

Chartered Psychologist

SDS Seminars

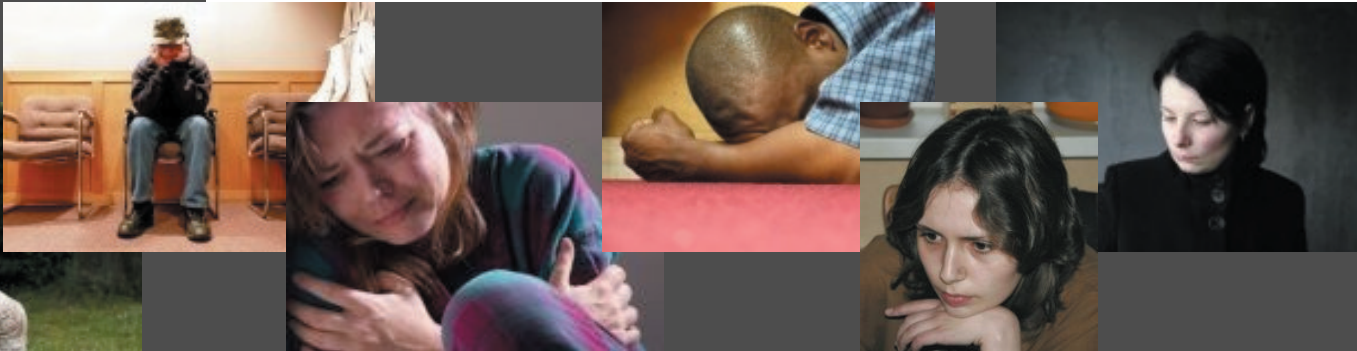
Learn & Use Tomorrow

The Skills Development Service Ltd presents a one day seminar on reviewing our understanding of depression and effective strategies for working with depressed clients

**NEW for
2008**

Working with Depression

New Thinking & Effective Interventions



Why you cannot afford to miss this course?

- ✓ Radically rethinking depression as a concept
- ✓ Age, ethnicity and gender issues – research challenging common assumptions
- ✓ A current review of “what works” and “what doesn’t”
- ✓ Stepped models of service delivery including “low impact” approaches
- ✓ New thinking on engagement with poorly motivated depressed clients
- ✓ Effective evidence based Non-CBT approaches to working with depression
- ✓ Video demonstrations of 2nd and 3rd wave CBT techniques and strategies

“Theoretically stimulating and intensely practical. A rare combination. Would strongly recommend this to colleagues”

J.B., Cognitive Psychotherapy Services Manager

FREE CD-ROM included containing presentation, guided reading list, evidence-based reference list, further resources and COPIABLE WORKSHEETS for use with clients.

Dates and Venues:

07 July 2008
08 July 2008
09 July 2008
10 July 2008
15 July 2008
16 July 2008
17 July 2008
18 July 2008

London
Nottingham
York
Manchester
Glasgow
Birmingham
Bristol
London

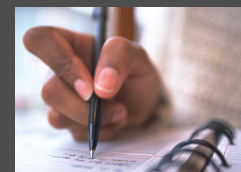
**Book NOW!
Price only
£89 + VAT**

Skills
Development
Service Ltd



www.skillsdevelopment.co.uk

- ✓ Course Leader: Paul Grantham, M.Sc, M.Clin.Psychol, C.Psychol
- ✓ Wide choice of dates and venues
- ✓ Quality seminar materials on a free CD
- ✓ Worksheets, checklists and forms to use immediately with your clients
- ✓ Video demonstrations of techniques
- ✓ Comprehensive further reading and resources list
- ✓ Suitable for CPD and PREP
- ✓ Certificate of Attendance
- ✓ Lots of opportunities for raising questions and discussion with tutor and colleagues
- ✓ Post-seminar case support and consultancy available



09.30 Registration & refreshments

10.00 Depression – The nature of the problem

- ❖ Depression : the 20 fold increase demographic. Gender, age & ethnicity issues
- ❖ What exactly is “depression”. Limitations in definition and assessment. From DSM IV to the Beck Depression Inventory
- ❖ Differential presentations and their implications. Mild to severe depression, differentiating depression and grieving. SAD, post-natal depression and OCD
- ❖ Suicide Risk Assessment (1). Limitations of current accuracy. How NOT to conduct an assessment.

11.15 Refreshments

11.30 Depression – The nature of the problem (cont.)

- ❖ Suicide Risk Assessment (2). Assessing and keeping clients safe
- ❖ The role of substance misuse and depression. Alcohol, cannabis and cocaine. Impact on mood and depressive thinking. How to work with substance misuse in depressed individuals.

12.00 What works ?

- ❖ The question of motivation and depression. Assessing motivation and the use of strategies to increase motivation in depressed clients
- ❖ Effective interventions in working with depressed clients. The role of CBT. The ARC model for working with negative cognitions and beliefs. Treatment strategies – the stepped care model and its implications for our practice. The current limitations of CBT and the issue of relapse
- ❖ Non-CBT approaches. The evidence base for Brief Solution Focused Therapy (BSFT) and Exploratory approaches in working with depression. An integrative resource based therapy (RBT) model approach to depression. Case illustrations

13.00 Lunch

14.00 2nd & 3rd Wave techniques for addressing negative beliefs and cognitions (1)

- ❖ Addressing the content of negative thoughts and beliefs
- ❖ Weakening and changing negative self regard
- ❖ Making rigid thinking more flexible
- ❖ Strategies for addressing clients’ cognitive ruminations

Case Studies and video illustration of techniques

15.15 Refreshments

15.45 2nd & 3rd Wave techniques for addressing negative beliefs and cognitions (2)

- ❖ Changing clients’ negative expectations
- ❖ Techniques for effectively working with “hopeless” cognitive styles
- ❖ Strategies for treating negative intrusive mental imagery

Case studies and video illustration of techniques

16.25 Plenary

16.30 Finish

" Thank you. Today has left me feeling really optimistic (a strange thing to say after a day on depression, I know).

L.M., Psychotherapist

The Skills Development Service Ltd is an independent training organisation that provides training to approximately 10,000 delegates a year and specialises in issues relating to health, education, and social care. Our trainers are chosen for their practical knowledge and skills and their reputation for excellent communication skills. Over 180,000 delegates have attended our courses to date and their formal evaluations indicate that over 95% of them rated our courses as ‘Good’ or ‘Very Good’ with many returning for further training.

Depression Facts



- ✓ The rate of increase of depression among children is 23% p.a.
- ✓ There's been a recorded 2000 % increase in the number of adults presenting with depression since 1945
- ✓ 8-12% of the population experience depression in any year
- ✓ Suicide is the most common cause of death in men under the age of 35
- ✓ 10-15 % of women experience postpartum depression after giving birth

How would you deal with the following ?

- ✓ Francine (45 yrs) has a history of recurrent problems with depression stretching back over 30 yrs. She is currently depressed (yet) again and expressing feelings of hopelessness and suicidal thoughts. What do you do ?
- ✓ Frank (72 yrs) presents as cheerful and talkative but you are concerned about the degree of weight he has lost over the last six months following the death of his wife. How would you approach the question of exploring whether he is depressed or not ?
- ✓ **This day will give you ideas on how to approach these and many other difficult cases in new and constructive ways**

Who should attend?

All health, social care and therapeutic professionals who want to develop new ways of working effectively with depressed clients, including:

Psychologists, Psychotherapists, Counsellors, Occupational Therapists, Doctors, Nurses, Midwives, Health Visitors, Social Workers, Care Staff, Outreach Workers, Housing Support Staff, Probation Officers, Substance Misuse Workers, Community Practitioners, Youth Workers, Occupational Health Staff, Personal Trainers & Coaches and all those helping people to change.

Additionally, all those who are interested in the latest developments in effective treatment of depression including service users and carers.



" I thought I had a pretty good grasp of this area, but today has really made me think about things anew. Thank you for the video demonstrations of techniques. Its good to see the reality of things and not just the theory"

K.T., Mental Health Services Manager

Course tutor: Paul Grantham B.A.(Oxon), M.Sc, M.Clin. Psychol. C.Psychol. is a clinical psychologist with extensive NHS, Social Services and training experience. He has worked extensively within the NHS and has trained staff in health care, social services, local governments and education around the UK. He has written on a range of therapy and helping issues. He has a particular interest in why people do NOT change and currently focuses on overcoming obstacles to behaviour, emotion and attitude adaption in clients. An extensively informed, clinically experienced and humorous speaker he is known for his emphasis on the practicalities rather than just the theory of client-based work.

Booking Conditions – *please read carefully*

Please feel free to photocopy the form for multiple bookings

Booking constitutes a contract.

Course fee

- **UK: £89 + VAT (£104.58) per delegate to include refreshments and course materials.**
- **Block bookings:** Groups of 4 or more save £5 per person - IF all applications are made in a single envelope with a single authorisation letter or payment.

How to book

DETACH the booking form below (photocopies acceptable) and either:

- Send with a cheque for £104.58 made payable to The Skills Development Service Ltd to: SDS Ltd., P.O. Box 254, UCKFIELD, TN22 9BN
- Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from employer showing name & address to send invoice to.
- Telephone: 0870 241 7294 giving credit card details.
- Web: www.skillsdevelopment.co.uk giving credit card details.
- No *provisional* bookings taken.

Cancellations

- Cancellation *in writing* up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (**or** a full credit note for a future course – optional).
- Cancellation *in writing* up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

To change delegates or locations: Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

Visit our website for further information on this and other courses, to download the application forms for this or other courses, to book your place or to check availability - it is updated daily.

----- **Detach and retain top of form for your reference** -----

Working with Depression

Code: NAM

COURSE DATE _____ COURSE LOCATION _____

DELEGATE NAME _____

JOB TITLE _____

ADDRESS _____

_____ POST CODE _____

TEL No: _____ FAX No: _____

E-MAIL: _____

Please tick this box, if you **do not** wish to receive any information about our future courses

The Skills Development Service Ltd, P.O. Box 254, UCKFIELD, TN22 9BN

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