

The Skills Development Service Ltd presents
a one day training course:

Working with Depression: New Thinking & Effective Interventions

A one day course on reviewing our understanding of depression
and effective strategies for working with depressed clients

What will the delegates take away from the 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
- Demonstrations of 2nd and 3rd wave CBT techniques and strategies

How would you deal with the following?

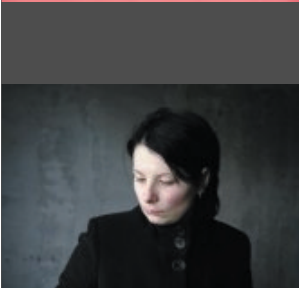
- Francine (45 yrs) has a history of recurrent problems with depression stretching back over 30 yrs. She is currently depressed (yet) again and expressing feelings of hopelessness and suicidal thoughts. What do you do?
- Frank (72 yrs) presents as cheerful and talkative but you are concerned about the 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

- **FREE CD-ROM** included containing presentation, guided reading list, evidence-based reference list, further resources and **COPIABLE WORKSHEETS**, checklists and forms to use immediately with your clients.
- Certificate of Attendance. Suitable for CPD and PREP.
- Video demonstrations of techniques
- Lots of opportunities for raising questions and discussion with tutor and colleagues
- Post-seminar case support and consultancy available

Available for In-house Training

Book now and take advantage of our unique SPECIAL OFFER
see overleaf for details



Skills
Development
Service Ltd




SDS Seminars
Learn & Use Tomorrow

Working with Depression

Course Outline:

09.30 Registration (All times may vary depending on arrangements of your organisation)

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 Break

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 Break

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 illustration of techniques

15.15 Refreshments Break

15.30 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 illustration of techniques

16.30 Finish

SDS In-House Training

How to Book



- Call us on 0870 241 7294 or e-mail us on info@skillsdevelopment.co.uk briefly outlining your needs and providing us with your full address and contact telephone number.
- A written quotation, booking conditions and an outline of the proposed training will be sent to you within 48 hrs.
- If the topic you are interested in is not on our list, one of our training consultants will get back to you within the next two or three days to discuss your requirements.
- Please recognise that because of high demand, forward planning of between three and twelve months is often required. So please book your in-house training in advance and we will do everything possible to accommodate your needs.

Special Offer only for In-House Customers

- With every in-house day you have with us – we will issue a voucher enabling one person from your organization to attend one of our seminars completely **FREE**.
- You receive this voucher immediately after your in-house training day will have taken place.
- This is a unique opportunity for your staff to try our new topics totally free and for your organization to get “first hands” feedback on our new courses.



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