

# Dr Barney Dunn

University of Exeter

Wednesday, 3<sup>rd</sup> July 2019

Venue: University of Reading



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Evidence-Based Psychological Treatment

# Building wellbeing in depression using augmented depression therapy

## Introduction:

The primary focus in evidence based psychotherapies for depression has been on down-regulating negative thinking and feeling. However, it is increasingly realised that anhedonia, a reduction in the ability to experience pleasure, is also central to the onset and maintenance of acute depression. Residual anhedonia symptoms out of episode make individuals more likely to relapse in the future. Moreover, most clients come to therapy wanting to build wellbeing – a sense of meaning, pleasure and social connection – in addition to reducing their symptoms of depression.

## Content:

This workshop will focus on ways to integrate principles and techniques of Augmented Depression Therapy (ADepT) into CBT and BA practice to more effectively repair anhedonia and build wellbeing in depression. ADepT has been co-designed alongside clients and clinicians to systematically build positivity. It targets (potentially transdiagnostic) mechanisms identified in basic science research that inhibit wellbeing and maintain anhedonia.

ADepT helps clients set and work towards valued life goals, then formulate and overcome how their depression stops them from thriving (making the most of potential opportunities) and being resilient (overcoming potential challenges) along the way. ADepT also supports clients to develop and follow a long term wellbeing plan to help them continue to flourish after therapy has completed. The workshop will give an overview of the rationale and evidence behind the ADepT approach, then discuss ways ADepT principles, techniques, and therapeutic style can be integrated into current practice in a range of settings (including low intensity and high intensity IAPT services and secondary care). The workshop will assume basic familiarity with current CBT and BA protocols for treating depression.

## Learning objectives:

By the end of the workshop, participants will have learnt how to:

- Present a wellbeing focused rationale to clients
- Co-set values consistent goals with clients
- Identify and formulate key mechanisms that block thriving (making the most of an opportunity) and resilience (overcoming challenges) in clients



Berkshire Healthcare   
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- Use a range of techniques to develop healthy alternative coping that maximises reliance and thriving (including optimising key techniques in CBT)
- Set a long term wellbeing plan for clients to follow after therapy to sustain positive outcomes
- Modify their therapeutic style to promote positive communication without being “PollyAnna-ish”
- Be introduced to ways to practice these techniques on themselves

## Training modalities

The workshop will be a mixture of didactic lecturing, listening to therapy tapes, reflective exercises and experiential practice (including role play). The style of the ADepT approach is to encourage clients to creatively experiment with new ways of being with an open mind, which the workshop will encourage attendees to embody.

## Key references:

- Dunn, B. D., & Roberts H (2016). Improving the capacity to treat depression using talking therapies: Setting a positive clinical psychology agenda. In Wood A, Johnson J (Eds.) *Handbook of Positive Clinical Psychology*.
- Dunn, B. D. (2017). Opportunities and challenges for the emerging field of positive emotion regulation: a commentary on the special edition on positive emotions in psychopathology. *Cognitive Therapy and Research*, 41, 469-478
- Dunn, B.D. (2012). Helping depressed clients reconnect to positive emotion experience: Current insights and future directions. *Clinical Psychology & Psychotherapy*, 19, 326-340.

## About the presenter:

Barney is a research and clinical psychologist, who works as a Professor at the University of Exeter Mood Disorders Centre. He is currently funded by an NIHR Career Development Fellowship to develop Augmented Depression Therapy (ADepT), a treatment targeting overcoming anhedonia and building wellbeing in depression. He leads a broader research programme characterising positivity deficits in depression and developing novel ways to build positivity in evidence based psychotherapies. He completed the Beck Scholar programme at the Beck Cognitive Therapy Institute in Philadelphia in 2013 and is accredited by the BABCP and Academy of Cognitive Therapy. He co-directs the AccEPT clinic, an NHS commissioned research and development psychological therapies service at the Mood Disorders in Exeter. He is a regular trainer, teacher and supervisor in CBT and related approaches.

(see: [http://psychology.exeter.ac.uk/staff/index.php?web\\_id=Barney\\_Dunn](http://psychology.exeter.ac.uk/staff/index.php?web_id=Barney_Dunn))

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**Cost of 1-day workshop:  
£130 including lunch**

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading

