Complex Depression

Introduction:

It is important not to lose the capacity to produce rapid symptom change, while simultaneously responding to those patients who may require a more protracted and complex course of therapy. This workshop will help the beginning therapist master the essentials of cognitive therapy and aid the experienced therapist to integrate classic and newly developed strategies within a larger and more complex theoretical model. The presentation will integrate specific behavioural and cognitive strategies that form the core of the approach with more recent theoretical extensions developed to deal with long-standing personality disorders. Two cases (one simple, one complex) will be used to illustrate.

Content:

The core of cognitive therapy is to help patients learn to recognize the role that their thoughts play in generating negative affect and maladaptive behaviours. Despite its name the approach is a cognitive behavioural intervention and it is often the case that the best way to produce change in beliefs is by running behavioural experiments to test those beliefs. Attention also is paid to cognitive restructuring with patients taught to examine the evidence, generate alternative explanations and consider the real implications whenever they have an automatic negative thought. Patients also are trained to recognize the role that core beliefs and underlying assumptions play in generating their automatic negative thoughts in specific situation. Strategies are described for preventing subsequent relapse.

Learning objectives:

- to provide a conceptual framework relating thoughts, feelings, and behaviours
- to activate patients to engage in adaptive and problem-solving behaviours
- to recognize automatic negative thoughts and underlying beliefs
- to examine the accuracy of specific beliefs and underlying assumptions
Professor Steven D. Hollon
Vanderbilt University, USA
Thursday 14th November 2019
Venue: University of Reading
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Training modalities
The workshop will be interactive and include both experiential and didactic teaching and videos. Participants are encouraged to bring examples of clients with whom they are having difficulty.

Key references:

About the presenter:
Professor Hollon is an internationally recognized expert on the treatment of depression with a particular emphasis on its enduring effects. His primary interest lies in the etiology and treatment of depression in adults and his work extends from basic psychopathology to prevention and treatment. He is particularly interested in the relative contribution of cognitive and biological processes to depression, and comparative efficacy of the cognitive and behavioural therapies versus pharmacological interventions. A current interest is the prevention of depression, both with respect to its initial onset and subsequent recurrence, and the possibility that depression is an evolved adaptation serves a useful function.

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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.