

Contemporary Approaches to Depression and Trauma: Helping Clients to “Turn Toward Life”

Depression causes untold suffering and disability, often following a recurrent course. A history of significant trauma in people suffering recurrent depression is common and creates particular challenges for clients and therapists.

This workshop aims to develop therapists' familiarity with contemporary approaches for clients who present with recurrent depression and whose presentation includes a history of trauma. Participants will have the opportunity to learn how to use a new cognitive-behavioural case formulation approach to individualize therapy. There will then be opportunities for some skills-based learning in several illustrative cognitive, behavioural and relapse prevention strategies.

Finally, therapists' beliefs about working with people with recurrent depression facilitate engagement, model hope and promote clients' understanding of the dialectic of acceptance and change. The workshop will provide an opportunity for participants to reflect on how their personal beliefs can facilitate this type of work.

Learning objectives

Participants at the workshop will have the opportunity to learn:

1. Theoretical accounts of the role of trauma in recurrent depression;
2. A new CBT case formulation approach to individualising therapy;
3. Behavioural approaches designed to reduce avoidance and maximise opportunities for reinforcing experiences;
4. Cognitive approaches to improve meta-awareness, self-compassion and acceptance and;
5. Relapse prevention approaches (early warning signs and action plans) that enable longer term recovery.

Methods of teaching and learning

The workshop will mix demonstrations; didactic teaching, opportunities for group discussion and role playing. Extensive use will be made of case examples.

[Willem Kuyken](#) is Professor of Clinical Psychology and Co-director of the Mood Disorders Centre at the University of Exeter in England.

His research and clinical work specialise in recurrent depression and trauma, primarily using cognitive-behavioural and mindfulness-based approaches.

After completing his PhD and clinical training he worked as a Postdoctoral Fellow at the Center for Cognitive Therapy, University of Pennsylvania for two years with Aaron T. Beck (1997-1999). Since 1999 he has worked in Exeter, England where he co-founded and co-directs the [Mood Disorders Centre](#), a research, clinical and training center. He is currently the Investigator on two depression trials of recurrent and refractory depression.

Registration Form/ Tax Invoice

A.B.N 41 173 936 013

(Please keep a copy for your records – a separate receipt will not be issued)

Name: _____

Address: _____

State: _____ Postcode: _____

Email: _____

Phone: _____

Please register for me for the workshop in:

Perth Adelaide

Melbourne Hobart

Early Bird Fees (by 31 December)

ASTSS Member \$150 Non Member \$195

Standard Fees (after 1 January 08)

ASTSS Member \$180 Non Member \$225

I wish to pay by:

Cheque/ money order payable to "ASTSS"

Electronic funds transfer to ASTSS BSB 082

445 Account Number 525276296 – ensure your name is identified with the transaction)

Card (Mastercard / Visa only)

(a \$3 levy will apply to credit card payments)

Card No.: ____ / ____ / ____ / ____

Expiry Date: ____ / ____

Name on card: _____

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Date: _____

Please forward your completed application to:

**ASTSS, P.O. Box 6227, Halifax St,
Adelaide 5000, AUSTRALIA**

Workshop Tour March 2008

Professor Willem Kuyken

Perth 17 March 2008

Adelaide 19 March 2008

Melbourne 26 March 2008

Hobart 28 March 2008

Venues will be advised

**Australasian Society for Traumatic
Stress Studies**

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