Young people comprise the fastest growing group of depression sufferers. Children and adolescents who develop depression at an early age are at much higher risk for the onset of other problems, both physical and psychological throughout life.

The lives of young people have been transformed by social and technological conditions in ways that are leading to ever higher rates of depression.

As a society we all have to take responsibility for our children and our influence on them. Educators are in a prime position to note changes in behaviour, recognize social influences of their peers, and have a broader impact on a child's life beyond academics. But too often people don't know what to look for or how to help.

Our relationships can depress us and they can heal us. The cutting edge of rapidly expanding scientific evidence highlights that the more we learn about the biology of depression, the more important psychology and social life experience become in understanding and treating it effectively.

In this two day workshop, we will explore the topic of children's depression, and consider the range of risk factors that can affect a child's mood and outlook. We will consider family history, patterns of family interaction, cultural influences, technological influences, and discover how the greatest risk to our young people are found in the social domain. Depression really is contagious – not in a viral sense, but in a social sense.

Dr. Yapko’s books, which include Depression is Contagious, Hypnosis and Treating depression, and Mindfulness and Hypnosis, each break new ground and challenge much of the conventional wisdom therapists typically hold about depression and its treatment. In this workshop, we will pay special attention to the ways in which our social lives directly shape our perspectives and phenomenology and thereby powerfully affect the way we think and feel.

In this two day workshop, Dr. Yapko will discuss:

- How the pharmaceutical industry encourages us to ignore the social side of depression – and why they’re quietly leaving the antidepressant business
- Why depression isn’t fated by brain chemistry, genes, diet, or personal weakness
- How the social lives of today’s youth are built on foundations of quicksand; families splintering, texting and sexting, bullying and narcissism, and the tempting solution is to just buy more stuff
- How our feelings can misguide us when making decisions, and why decisions should be made according to the result you want, not just the way you feel
- The single factor which most influences how you gauge whether your relationship with someone is good or bad, healthy or unhealthy, worthwhile or a waste of time – and how your awareness of it can ease major suffering
- How to function preventively and reduce a child’s “depression inheritance.”
- The importance of experiential learning in treatment

Depression affects everyone:

- A child of a depressed parent is three to six times more likely to develop depression.
- In Canada, the total number of 12 to 19 year olds at risk for developing depression is a staggering 3.2 million.
- In Calgary on average, 4 to 8 teenagers are depressed in every classroom. Only 1 or 2 of those kids are getting help.

Hurry, the early bird discount ends Friday, October 24, 2014!
Register online now for $50 off your registration fee! https://www.regonline.com/yapko-depression2014
Redefining What We Know in Light of New Neuroscientific Evidence

- Biological factors affirming the power of social factors
- Genetics, epigenetics and socialization as key variables to consider
- Advances in the interpersonal model: Depression is contagious
- The possibility of prevention requires us to shift our priorities

The Power of Expectations in Shaping Experience

- Expectancy: The strongest determinant of therapeutic responsiveness
- Coping styles as risk factors and targets of therapy
- Rumination and symptom severity
- Avoidance and disempowerment
- Decision making and stress generation

The Social Context of Depression

- Relationships as risk factors or buffers
- Family and culture as the social context for shaping perceptions
- Dating and marrying when depression is a factor
- Depressed parents raising kids

Designing Active Treatments

- How global thinking affects your outlook and level of life skills
- Therapists as agents of reality: Errors in attributions
- Ambiguity as a major risk factor: Being clear about uncertainty
- Defining appropriate social targets of treatment

Designing Experiential Treatments

- Mindfulness and Hypnosis: Parallel processes
- The importance of building automaticity into treatment
- Dynamics of delivering experiential interventions
- Focus and dissociation as driving forces of change

Location:
Kahanoff Conference Centre - Room 201
105 12 Ave SE #200, Calgary, AB T2G 1A1

Cost:
Early bird rate for registrations made online until October 24 2014: $225
Regular rate for registrations made online on/after October 25 2014: $275
Student rate: $150 with proof of I.D.

Register Online:
https://www.regonline.com/yapko-depression2014

Terms and conditions located on Calgary Counselling Centre registration.

Learning Objectives

Attend *Treating Depression in Children & Adolescents* and enhance your ability to:

1. Describe the prevalence of depression in children and adolescents and relate the rising rates to social factors
2. Recognize key diagnostic and prognostic issues in children’s depression
3. Identify key interpersonal patterns that cause and maintain depression in children— and their families
4. Develop specific active intervention strategies for facilitating recovery
5. Understand the interface between individual and marital and family interventions in treating depression

BIOGRAPHY

Michael D. Yapko, Ph.D., is a clinical psychologist and marriage and family therapist residing in Fallbrook, California. He is internationally recognized for his work in depression and outcome-focused psychotherapy, routinely teaching to professional audiences all over the world. To date, he has been invited to present his innovative ideas and strategic methods to colleagues in over 30 countries across six continents, and all over the United States. He presented his 100 hour clinical hypnosis training in Calgary last year and received stellar reviews.

Dr. Yapko has had a special interest which spans more than three decades in the intricacies of brief therapy, the clinical applications of directive and experiential methods, and proactively treating the disorder of major depression. He is the author of twelve books and editor of three others, and numerous book chapters and articles on these subjects. These include his books, *Mindfulness and Hypnosis, Depression is Contagious: How the Most Common Mood Disorder is Spreading Around the World and How to Stop It*, as well as *Hand-Me-Down Blues: How to Stop Depression From Spreading in Families, Treating Depression with Hypnosis*, and *Breaking the Patterns of Depression*. His works have been translated into nine languages.

Dr. Yapko is a member of the American Psychological Association, a clinical member of the American Association for Marriage and Family Therapy, a member of the International Society of Hypnosis, and a Fellow of the American Society of Clinical Hypnosis. He is the recipient of numerous awards for his contributions to the field of psychotherapy. More information about Dr. Yapko’s work is available on his website: [www.yapko.com](http://www.yapko.com).