



The New Zealand Psychological Society
is proud to host:

Key Aspects of Treating Depression Strategically

presented by:

Michael D. Yapko, Ph.D.

20 November 2020, 9.00-10.30am online

Even before the COVID-19 pandemic struck across the planet, depression was already the most common mood disorder in the world. New Zealand has been acknowledged as having managed the pandemic admirably, offering the rest of the world some very valuable lessons. But COVID-19 has created a sharp rise in people reporting higher levels of anxiety and depression in many countries, which isn't really very surprising given how often these two disorders are found to co-exist in people.

The long-term mental health impact of the COVID-19 world crisis remains to be seen, but already the debilitating anxiety and depression too many people are experiencing is increasing as a result of their sense of isolation, helplessness, and hopelessness. The depression isn't just in their neurochemistry – no, its point of origin is in their circumstances. This observation alone requires us to re-think what we believe about depression, who is vulnerable to it and under what conditions, and most importantly, what to do about it when trying to help others.

So, what can psychologists and allied mental health professionals do to help people who are suffering with depression? This short presentation will address this all-important question by placing a heavy emphasis on the merits of experiential learning in therapy. The use of focusing techniques such as hypnosis and mindfulness will be considered, but the greater emphasis will be on the use of structured skill-building activities.

A number of well-researched psychotherapies have highlighted these three key insights regarding effective help: the quality of people's thinking, the quality of people's relationships, and the need to be active in learning effective behaviors are all vital to helping someone recover from depression. These insights are the foundation for the perspectives and strategies to be presented.

Some of the topics to be addressed

- Models of depression: How you think about depression matters a lot
- Goals of treatment: Empowering the disempowered
- What it means to be an action-oriented clinician
- Individual risk factors for depression
- Global thinking and its implications
- Ambiguity and its role in anxiety and depression
- Coping styles for managing stress that make things worse
- Helplessness and hopelessness
- Perceptions of controllability that keep people stuck
- The merits of focusing methods, especially hypnosis and mindfulness
- Depression as a social contagion
- Social skills that are often missing in depressed relationships
- Some of the key strategies for working with people suffering depression
- What about self-help?
- Learning to think preventively
- Summary and closure





Michael D. Yapko, Ph.D., is a clinical psychologist residing near San Diego, California. He is internationally recognized for his work in short-term psychotherapies, especially in the treatment of major depression, routinely teaching to professional audiences all over the world. He has been invited to present his innovative ideas and methods to colleagues in New Zealand previously and in more than 30 other countries across six continents, as well as all over the United States.

Dr. Yapko has had a special interest which spans nearly half a century in the intricacies of brief therapy, the clinical applications of hypnosis, and treating the disorder of major depression. He is the author of 16 books and editor of three others, as well as numerous book chapters and articles on the subjects

of the brief therapy of depression and the use of strategic psychotherapies. His books include *Keys to Unlocking Depression*, *Depression is Contagious: How the Most Common Mood Disorder is Spreading Around the World* and *How to Stop It*, *Breaking the Patterns of Depression*, and *The Discriminating Therapist: Asking "How" Questions, Making Distinctions, and Finding Direction in Therapy*. More information about Dr. Yapko's work is available on his website: www.yapko.com.

Dr. Yapko is a Fellow of the American Psychological Association (Div. 30) and a recipient of lifetime achievement awards from the International Society of Hypnosis, The Milton H. Erickson Foundation, and the American Psychological Association (Division 30).

On the personal side, Dr. Yapko is happily married to his wife, Diane, a pediatric speech-language pathologist. Together, they enjoy hiking in the Great Outdoors in their spare time.

Online registration available here:

<https://www.psychology.org.nz/events/nzpss-events#cid=884&wid=301>

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Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified.

The NZPsS reserves the right to cancel the workshop, with not less than 10 days notice, should there be insufficient registrations.

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Once payment for your registration has been processed you will receive a confirmation letter. If you do not receive a letter within two weeks of registering please contact the Professional Development

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