Depression is CONTAGIOUS!

The Social Aspects of the Most Common Mood Disorder in the World and the Implications for Experiential Treatment Strategies

Michael D. Yapko, Ph.D.
April 28 & 29, 2011
Toronto, ON

www.brieftherapynetwork.com • www.hincksdellcrest.org/brief-therapy-training

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 30 countries across six continents, and all over the United States.

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 eleven books and editor of three others, and numerous book chapters and articles on these subjects. These include his forthcoming book, Mindfulness and Hypnosis (scheduled for release from W.W. Norton in late 2011) his newest book, 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.
Depression is contagious identifies the ways in which our social lives directly shape our brain chemistry and powerfully affect the way we think and feel. 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. Furthermore, the more we learn about the neuroscience of depression, especially neuroplasticity, the more important well designed experiential learning processes become in treatment. Dr. Yapko’s recent books, Depression is Contagious and Hypnosis and Treating Depression break new ground and challenge much of the conventional wisdom therapists typically hold about depression and its treatment.

While the pharmaceutical industry and the medical establishment successfully promote the general idea that depression is a medical disease needing medication, the scientific evidence at best lends only weak support to this notion. The serotonin hypothesis has been all but disproven, and the sciences of genetics, epigenetics and interpersonal neuroscience have affirmed the power of relationships to change brains as well as lives. There is much more hard evidence pointing to social factors leading to the large and still growing population of depression sufferers in the world than any presumed biochemical cause.

Consider these facts:

1) As societies Westernize, their rates of depression go up;
2) Therapeutic regimens that do not involve drugs at all have matched and, in some specific ways, even exceeded medication regimens;
3) Depression’s severity increases with each successive generation; and,
4) The age at which depression first strikes has been steadily dropping for a half century.

How therapy, itself a social process, can teach skills known to reduce and even prevent depression will be explored. Interventions involving skill building homework assignments, and experiential methods of hypnosis and mindfulness will be considered. Participants will be encouraged to go beyond medical and psychological considerations alone in treating depression and take into account social factors as well. The evidence is unambiguous that depression is about much more than just neurotransmitter levels.

In this two day training program 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 – and why people, not pills, are the solution
• 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
• What single factor 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 reduce your child’s “depression inheritance.”
• The importance of experiential learning in treatment
Please one form per person. Please print clearly. Please check the following:

☐ I have read the cancellation policy.

I wish to register for Depression is Contagious! April 28 & 29, 2011

Name: ____________________________________________________ Position: _____________________________________________________________

Department: ________________________________________________ Organization: _________________________________________________________

Address: [Home] [Business] ______________________________________________________________________________________________________

Phone: _______________________________  Fax: __________________________________  E-Mail: ____________________________________________

FEE
Depression is Contagious
$280 until March 28, 2011; $295 thereafter

METHOD OF PAYMENT (On-line: www.peopleware.net/2323)
Payment must be made by cheque or credit card (Visa or Mastercard) and must accompany the registration form. Cheques to be made payable to: Gail Appel Institute

I wish to pay by:  ☐ Cheque  ☐ Visa  ☐ Mastercard  ☐ Amex  Total Enclosed: $_________

Card#: ___________________________________________  Expiry: ______________________

Name on Card: ____________________________________________

Signature: ____________________________________________

CANCELLATION POLICY
The Institute reserves the right to cancel workshops due to under-enrolment, work stoppages, instructor illness or inclement weather. If a workshop is cancelled, the Institute is responsible for refunding only the tuition payment. An administration fee of $40 will be charged for cancellations.

For a refund, a notice of cancellation must be received in writing 14 days prior to the workshop date. After that time, you may elect to receive a credit, which may be applied to a future workshop of similar value. This credit must be used within one year of date of issue. We regret that a refund cannot be offered after the cancellation deadline. We are not able to offer a credit if you do not notify us by the day of the workshop. A colleague may be substituted for attendance.

GROUP / STUDENT RATE
Registrations of five or more mailed in one envelope with one payment will receive a 10% discount. Only one receipt will be issued. Students must be in full-time attendance in a recognized program. Copy of the student card must accompany registration.

The Hincks-Dellcrest Centre – The Gail Appel Institute
114 Maitland Street, Toronto, ON  M4Y 1E1
Tel: 416-972-1935 x3233  Fax: 416-924-9808
Email: training@hincksdellcrest.org or mvanrooyen@hincksdellcrest.org

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 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
• Illusions of helplessness and control

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

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

Learning Objectives

Attend Depression is Contagious and enhance your ability to:

• Describe the epidemiology of depression and relate the rising rates to social factors.
• Identify key interpersonal patterns that cause and maintain depression in children, couples and families.
• Develop specific active intervention strategies, including hypnosis and guided mindful meditations, for facilitating recovery.
• Understand the interface between individual and marital and family interventions in treating depression.
• Design structured homework assignments to build the social skills needed to reduce the risk of relapse.
“Finally—a book that takes on the root causes of depression. Its surprisingly hopeful message: We don’t need to turn first to powerful drugs, but instead to each other. Whether you are struggling with anxiety and depression yourself or helping someone else, this book is packed with practical advice on how to combat negative feelings. In fact, the stellar advice here is tremendously useful even to those who are not depressed but simply dealing with life’s usual challenges. This is the best and most comprehensive guide I have seen to combating depression on your own—which should always be the first step.” – Jean Twenge, author of Generation Me and co-author of The Narcissism Epidemic

“Yapko takes a clear fresh look at an ancient subject. He thinks about the subject holistically, compassionately, and creatively. While respectful of feelings, he urges readers to think and act their way out of depression. He argues that kind, intentional behavior will not only cure depression, but heal relationships and build a community of loving family and friends (the best antidepressant on the market.) Amen, brother, Amen.”

– Mary Pipher, Ph.D., Psychologist, Author of Reviving Ophelia, The Shelter of Each Other, and Seeking Peace: Chronicles of the Worst Buddhist in the World

“Michael Yapko rejects the prevailing line that depression is a brain disease caused by malfunctioning neurons and chemicals. Instead, he says, depression is about relationships. We are fundamentally social animals, and when our social worlds are not working, our mental health suffers. Yapko helps us understand how bad relationships can cause depression; he also is brave enough to tell us how depression can wreck our social skills and ruin our relationships with others. Yapko then teaches the skills to help people change their ways of relating to others and as a result prevent or overcome depression. This is a courageous, enlightening, and useful book. Anyone who suffers depression, or is in a relationship with a depressed person, will find this book very valuable.” – Susan Nolen-Hoeksema, Ph.D., Professor of Psychology, Yale University, Author of Women Who Think Too Much: How to Break Free of Over-Thinking and Reclaim Your Life

“Move over Prozac, bring on the real depression antidote – RELATIONSHIPS. Best book I’ve ever read for depression-proofing one’s life! If you or someone you know is in the depths of despair, buy this book and several more for friends! Everyone needs to learn Dr. Michael Yapko's concrete, psychobabble-free approach for choosing, cultivating and maintaining relationships that provide lifelines for hard times and sustenance for living. At last, the real antidepressant/wellness prescription—‘Take 50 milligrams of love and call me in the morning.’ I love this book!”

– Michele Weiner-Davis, M.S.W., Author of Divorce Busting and Change Your Life and Everyone in It