



Evidence-Based Treatment of Adolescent Depression and Suicide

Presented by

Mark A. Reinecke, Ph.D.

Seminar Description

Dr. Reinecke reviews the CBT treatment program developed for the landmark *Treatment for Adolescents With Depression Study* (TADS) and discuss how it can be used in clinical practice. He begins with a brief review of the etiology, clinical presentation, and diagnosis of adolescent depression. This includes a discussion of practical, evidence-based assessment instruments.

Next, he presents the TADS CBT case formulation and treatment program, the integrative “socio-cognitive” model for depression, and “modular” CBT strategies for treating specific components of adolescent depression.

He concludes with a discussion of findings from the TADS project *This workshop provides practical, evidence-based strategies for working with some of the most challenging patients in clinical practice.*

Objectives - Participants will be able to describe:

1. Recent research on cognitive, social, and biological risk factors for depression
2. Diagnosis and assessment of major depression
3. Alternative cognitive-behavioral models of depression and how they can guide case formulation
4. The results of recent outcome studies of CBT for depression among adolescents and how they inform treatment planning
5. An integrative “socio-cognitive” model
6. Flexible, “Modular CBT” techniques and strategies;
7. Strategies for fostering a cooperative relationship with challenging, unmotivated teens and for encouraging treatment participation
8. How to apply findings from the TADS project and their clinical implications

11 hours

Adolescent Depression: A Primer

- Clinical presentation: How does it appear? Epidemiology: How common is it? Consequences of depression: Why we need to intervene early Vulnerability: What are its causes?

Cognitive Vulnerability

- 12 cognitive models of depression, Identifying cognitive and behavioral risk factors, Cognitive-behavioral case formulation

CBT in Practice

- Key ingredients of effective CBT, Structuring sessions for maximum effectiveness

Building a Better Relationship

- Clinical scaffolds and how they guide treatment
- The therapeutic relationship in CBT

Modular CBT

- Setting appropriate goals; Mood monitoring; Mastery & pleasurable events scheduling; Working with families, Social problem-solving, Thinking flexibly and adaptively, Cognitive distortions, Positive attributions

Advanced Strategies and Techniques

- Affect regulation, New approaches for relaxation training, Building a secure attachment

What the data says

- Short and long-term effectiveness, Predictors of treatment response, Functional improvement: Maintenance of gains, Using CBT and medications together

Working with Suicidal Youth

- Motivation for suicide: Why do they do it?, Suicide and medications: What can be done?

Mark A. Reinecke, Ph.D.

Dr. Reinecke is Professor of Psychiatry and Behavioral Sciences and Chief of the Division of Psychology at Northwestern University’s Feinberg School of Medicine. He is a Distinguished Fellow and former president of the Academy of Cognitive Therapy, and a Diplomat of the American Board of Professional Psychology (ABPP) in Clinical Psychology and Clinical Child and Adolescent Psychology. He is also a Fellow of the American Psychological Association (Divisions 12, 53, & 54) and the Association for Psychological Science.

His research and clinical interests center on understanding and treating depression and suicide among children and

adolescents. Dr. Reinecke was a principal investigator on the *Treatment of Adolescents with Depression Study* (TADS).

Dr. Reinecke is widely published, and has authored or edited seven books, including *Cognitive Therapy of Suicidal Behavior*, *Cognitive Therapy with Children and Adolescents*, and *Personality Disorders in Children and Adolescents*.

He has lectured internationally and has served as a visiting professor at institutions in Europe and Asia.

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