



Strategic Therapy for Comorbid Anxiety and Depression

Presented By

Michael D. Yapko, Ph.D.

While anxiety disorders and major depression are distinct conditions, they present unique challenges to clinicians as comorbid disorders.

Dr. Yapko will present new information about these conditions. He will also describe treatment issues, treatment dynamics, and ways to deliver focused and goal-oriented interventions to clients who have both anxiety and depression.

Professionals attending this seminar will leave feeling rejuvenated, validated, and empowered as active agents of therapeutic change. Despite the seriousness of the topic, Dr. Yapko intends to have fun in laying out many specific ways to make therapeutic work more focused and effective

OBJECTIVES: Participants will enhance their ability to

- Identify contributing factors to comorbid conditions from biological, psychological and sociological domains
- Identify the key perceptual and social patterns that cause and maintain comorbid anxiety and depression
- Determine where to begin treatment when identifying a client as comorbidly anxious and depressed

- List and describe the role of attributional style patterns as comorbid risk factors
- Develop specific active intervention strategies for facilitating recovery
- Design structured homework assignments to facilitate the development of life-enhancing skills to reduce relapses
- Integrate preventive approaches into treatment plans

12 hours

- 1) Treating the Distressing Duo
- 2) Anxiety, Depression and the Meaning of Life:
Explanations that Harm
- 3) Special Focus: Sleep Issues
- 4) Controllability as a Core Issue

- 5) Biology and Psychology on a Collision Course
- 6) Epidemiology as an Informant
- 7) Watching it Work:
Hypnotic and Strategic Intervention
- 8) Skill Building in Treating Comorbidity

Michael D. Yapko, Ph.D.

Dr. Michael D. Yapko is a clinical psychologist and marriage and family therapist. He received his M.A. (1978) and Ph.D. (1980) from the United States International Univ., San Diego.

He is the author of numerous books, book chapters, and articles on the subjects of brief therapy for depression and the use of directive psychotherapies. These include the award-winning *Treating Depression With Hypnosis: Integrating Cognitive-Behavioral and Strategic Approaches*; *Hand-Me-Down Blues: How to Stop Depression From Spreading in Families*; *Breaking the Patterns of Depression*; *Trancework (3rd edition)*, and *Hypnosis and the Treatment of Depressions*. His works have been translated into eight languages.

Dr. Yapko is a recipient of the Pierre Janet Award for Clinical Excellence from the International Society of Hypnosis. This is a lifetime achievement award for Dr. Yapko's contributions to the fields of hypnosis and psychotherapy.

He is internationally recognized for his work in depression and outcome-focused psychotherapy. He routinely teaches to professional audiences all over the world. To date, he has been invited to present his ideas and methods to colleagues in 27 countries across six continents, and all over the United States. His clinical trainings are known for being practical as well as enjoyable.

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