



# Strategic and Experiential Approaches to Treating Depression

Presented by

**Michael D. Yapko, Ph.D.**

## Overview

This course emphasizes the importance of using proactive and well-targeted interventions when treating depressed clients. These include the use of task assignments and focusing processes such as hypnosis and guided meditation.

**Objectives:** Participants will be able to describe:

- How the rising rates of depression are related to a variety of social factors
- Common risk factors of depression and their implications for treatment planning
- How global cognition in problem formation can hinder treatment

- Active intervention strategies for facilitating recovery
- Discrimination strategies that enhance decision-making skills and minimize stress generation patterns
- How therapists can use hypnosis and guided mindfulness meditations to create an internal shift in clients' quality and direction of focus
- How to integrate hypnosis with CBT in specific goal-oriented ways
- How therapists can use focusing processes such as hypnosis and mindfulness to motivate active client participation in therapy

## 12 Hours

### Biology and Psychology on a Collision Course

- What Psychotherapy Can Do Better
- Evolving an Active Treatment Framework

### The Power of Focus Dynamics of Experiential Treatment

- Why Employ Hypnosis and Guided Mindfulness Meditations?
- Group Focusing Exercise: Evolving Flexibility

### Watching it Work: A Video Demonstration: The Case of Myra

- Deconstruction of the Session: Targets of Treatment

### Hypnosis and Mindfulness as Contexts for Learning Temporal Orientation and Depression: Implications for Treatment

- Small Group Exercise: Designing Foresight
- Debriefing the exercise

### Global Cognitive Style and Depression: Implications for Treatment

- Discrimination Strategies in Treatment: How Do You Know?

### Full Group Exercise: Assessing Controllability

- Small Group Exercise: Forming Discrimination Criteria

### 1:1 Exercise: Helping a Colleague with a Discrimination Issue

- Debriefing the Exercise: Lessons Learned
- Current Research on Medications

### Depression and Stress Generation

- Decision Making and Choice Architecture
- Learning to Think Preventively
- Q&A and Summary

## Michael D. Yapko, Ph.D.

Dr. Yapko is a licensed clinical psychologist and marriage and family therapist. He received his Ph.D. in Professional Psychology from the US International University in 1980.

He is internationally recognized for his work in advancing brief, active treatments for depression and applications of clinical hypnosis in outcome-focused psychotherapies. He routinely teaches to professional audiences all over the world, having been invited to present his innovative ideas and methods to colleagues in more than 30 countries across six continents, and all over the United States.

Dr. Yapko is the author of 15 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 clinical hypnosis in strategic psychotherapies. His books include: *Mindfulness and Hypnosis*, *The Discriminating Therapist*, *Depression is Contagious*, *Treating Depression with Hypnosis*, and his classic text on hypnosis, *Trancework (4th ed.)*.

More information about Dr. Yapko's work is available on his website: [www.yapko.com](http://www.yapko.com).

**Approved Home Study 12 CE Hours for Psychologists Counselors Social Workers Nurses MFTs OTs**

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