



Strategic and Experiential Approaches to Treating Depression

Presented by

Michael D. Yapko, Ph.D.

Author of 15 Books Including:

- *Keys to Unlocking Depression*
- *The Discriminating Therapist*
- *Trancework (4th ed.)*
- *Mindfulness and Hypnosis*
- *Breaking the Patterns of Depression*

Thursday & Friday - July 19 & 20, 2018

Lancaster Host Hotel, Lancaster, PA

Or attend via Live Webinar from any computer

Live Webinar Option

You can view this seminar as a live interactive Webinar Webcast on your computer via any high speed internet connection. Many states accept Live Interactive Webinar attendance as In-Person CE.

For more information and a preview of the Webinar site:

- Go to www.beaconliveweb.com - Enter *jkseminars1* as the meeting room (no spaces)
- No access code required - Enter xxx for the company

Audience

Human Service Professionals

- Psychologists
- Social Workers
- Mental Health Counselors
- School Counselors and Psychologists
- Child and Adolescent Psychiatrists
- Drug & Alcohol Counselors
- Marriage & Family Therapists
- Case Managers
- Psychiatric Nurses
- Occupational Therapists
- Rehabilitation Counselors
- Graduate Students

Up to 12 CE Hours Credit for Most Professions

- Psychologists
- Nurses
- Social Workers
- NBCC Counselors
- D&A Professionals - PCACB
- Occupational Therapists

**All Professional Attendees Must Pick Up Their Certificates at the End of the Seminar
We Will Mail Certificates for Webinar Attendees
the Week of July 23rd**

Register Toll Free - (800) 801-5415



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About The Workshop

Regardless of one's preferred orientation, depression experts agree that treatment needs to be multi-dimensional and active. Furthermore, the more we learn about the neuroscience of depression, especially neuroplasticity and neurogenesis, the more important well-designed experiential learning processes become in treatment.

This workshop 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.

Dr. Yapko will address these important topics using a variety of teaching approaches including didactic lecture material, group focusing exercises, small group exercises, and one-to-one skill building practice sessions.

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

Thursday, July 19, 2018

8:15 a.m. Registration (*continental breakfast*)

9:00 **Biology and Psychology on a Collision Course**

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

10:25 **Break** (*coffee, tea, juice*)

10:40 **The Power of Focus**

Dynamics of Experiential Treatment

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

12:15 p.m. **Lunch** (*on your own*)

1:15 **Watching it Work: A Video Demonstration: The Case of Myra**

- Deconstruction of the Session: Targets of Treatment
- Hypnosis and Mindfulness as Contexts for Learning

2:40 **Break** (*coffee, tea, iced tea, soda, snack*)

2:55 **Temporal Orientation and Depression: Implications for Treatment**

- Small Group Exercise: Designing Foresight
- Debriefing the exercise

4:30 p.m. **Adjournment**

Friday, July 20, 2018

7:45 a.m. Registration (*continental breakfast*)

8:30 **Global Cognitive Style and Depression: Implications for Treatment**

- Discrimination Strategies in Treatment: How Do You Know?

9:55 **Break** (*coffee, tea, juice*)

10:10 **Full Group Exercise: Assessing Controllability**

- Small Group Exercise: Forming Discrimination Criteria

11:45 **Lunch** (*on your own*)

12:45 p.m. **1:1 Exercise: Helping a Colleague with a Discrimination Issue**

- Debriefing the Exercise: Lessons Learned

2:10 **Break** (*coffee, tea, iced tea, soda, snack*)

2:25 **Depression and Stress Generation**

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

4 p.m. **Adjournment (Pick up certificates)**

A large selection of books and home study programs will be available for sale.

All items will be priced at least 6% below the publishers' list price.

Hotel Accommodations

You must make your own overnight accommodations. A block of rooms has been reserved at the **Lancaster Host Hotel** (2300 Lincoln Hwy E.) Call the Host for reservations - **800-233-0121**

Mention *J&K Seminars* to receive a \$129 per room rate

OR

reserve your room at www.LancasterHost.com

Use code **SEMIN**

We encourage reservations by June 7

Call *J&K Seminars* for information about other hotels
800-801-5415



Your nametag, receipt, and driving directions will be mailed to you the week of June 18

For information visit www.jkseminars.com
or email: jk@jkseminars.com

Continuing Education Certification

Those who arrive late or leave early will not receive CE certificates of full attendance.

Attendees must complete the feedback form to receive their CE certificate. We do not provide part-day CE certificates of attendance.
Unless otherwise indicated, attendees receive 12 hours CE credit for attending both days, (6 hours CE credit for each day)

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- This course is approved by the Association of Social Work Boards - **ASWB NJ CE Course Approval Program** Provider #88 Course #1807 from 4/6/2018 to 4/6/2020. Social workers will receive the following type and number of credits: Clinical Social Work Practice 12
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- *J & K Seminars, LLC*, SW CPE is recognized by the **New York State Education Department's State Board for Social Work and State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed **social workers** #SW-0174, licensed **marriage & family therapists** #MFT0041, and licensed **mental health counselors** #MHC-0077

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We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.

For more information, phone (800) 801-5415 or email - JK@jkseminars.com

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.)*.

Dr. Yapko is a Fellow of the American Psychological Association (Div. 30), 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 a recipient of lifetime achievement awards from the American Psychological Association's Division 30, the International Society of Hypnosis, and The Milton H. Erickson Foundation. More information about Dr. Yapko's work is available on his website: www.yapko.com.



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 904 Church Rd
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Register by **June 7** for Early Discounted Registration Fee

Bonus: Live & Webinar attendees can access the recorded Streaming Video of this Seminar/Webinar for about 30 days following the presentation.



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Fees (In Person or Webinar)

	<u>One Day</u>	<u>Both Days</u>
Individual Early Registration (received by June 7) _____	\$130 per person -----	\$245 per person
Two or more together at the same time (by June 7) _____	\$115 per person -----	\$225 per person
Regular Registration (June 8 – July 12) _____	\$145 per person -----	\$265 per person
Late Registration - No Webinar Registrations After July 17 _____	\$160 per person -----	\$285 per person

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