



# Treating Depression Strategically

## Defining the Client as an Active Collaborator

Presented by

**Michael Yapko, Ph.D.**

Friday, November 17, 2023

**LIVE INTERACTIVE WEBINAR 10 a.m. - 5:15 p.m. ET**

### Overview

Depression is the most common mood disorder in the world, one that is still growing steadily in both prevalence and severity. How a clinician thinks about the nature of depression and answers fundamental questions - such as what causes depression - naturally determines what treatment approaches they are most likely to take. Regardless of one's preferred theoretical orientation, however, depression experts agree that treatment needs to be multi-dimensional and active in teaching skills in key areas such as coping, social, and problem-solving skills.

Furthermore, the more we learn about the neuroscience of mood, especially neuroplasticity and neurogenesis, the more important well-designed experiential learning processes become in treatment. These include the use of structured task assignments and focusing processes, such as hypnosis and guided meditations, that can be applied in treatment to teach mood self-regulation skills. Dr Yapko will provide many examples of such approaches in this one-day webinar.

### Objectives: Participants will be able to:

- Identify key patterns of subjective experience that cause and maintain depression
- Develop specific active intervention strategies for facilitating recovery
- Identify the role of global cognition as an essential target in treatment
- Describe the changing epidemiology of depression
- Relate the rising rates of depression to a variety of social factors
- Identify specific ways that skill-building psychotherapies can outperform antidepressant medications

#### 10: a.m. It's Time to Revise the Usual Perspectives About Depression

- The changing face of depression and its treatment
- What the COVID pandemic highlighted about our vulnerabilities
- Re-thinking the role of antidepressants
- Evolving an active treatment framework
- Why strategic and experiential therapies are proving to be vital approaches
- What the science says: Key risk factors and subjective patterns of experience
- Global cognitive style and its implications for treatment

11:30 a.m. Break

#### 11:45 a.m. Identifying Pathways Into and Out of Depression

- Depression and the illusion of knowledge
- Bad decisions that make depression worse
- Asking "how," not "why" as a way to identify targets of treatment
- Misreading the issue of controllability and its role in depression
- Video clips of interviews that highlight the power of a good "how" question

1:15 Lunch Break

#### 2 p.m. The Power of Focusing Approaches and Experiential Learning

- Hypnosis, guided meditations, and experiential learning in treating depression
- Hypnosis in particular provides active learning contexts
- Watching it Work: A video demonstration of hypnosis with a depressed woman
- Debriefing the session

3:30 p.m. Break

#### 3:45 p.m. Facilitating Learning Opportunities In-Between Sessions

- The merits of structured task assignments
- Hypnotically "seeding" tasks, assigning homework, and the follow through
- Types of homework and recommended strategies
- Can depression be prevented? What we've learned
- Summary

5:15 p.m. Program Ends

Michael D. Yapko, Ph.D., is a clinical psychologist residing near San Diego, California. He is internationally recognized for his groundbreaking work in applying clinical hypnosis in outcome-focused psychotherapy, especially in the active treatment of depression. He has 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. He has been a vocal critic of the medical model of depression and instead advocates for a social perspective, suggesting the problem is less in your biochemistry and more in your circumstances and how you manage them. His popular and highly practical *YouTube* lecture on "How to Recover from Depression" has now been viewed nearly 5 million times.

Dr. Yapko is the author of 16 books including his newest book for professionals called *Process-Oriented Hypnosis*, as well as his popular general audience books *Depression is Contagious* and *Breaking the Patterns of Depression*. His works have been translated into 10 languages. He is also the Chief Content Advisor for the popular digital hypnotherapy mental health app called *Mindset*. More information about Dr. Yapko's work is available on his website: [www.yapko.com](http://www.yapko.com).

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