

Navigating Depression

A skills workshop around Depression with an Adolescent focus

Presenters: Robert Boardman & Michelle Booker- Reconnect Mental health

Tuesday 17th April 2012- 9.30am-4.30pm

Cost: \$90 Lunch included, (Early Bird \$65- payment received by 30th March)

Venue: Parramatta Heritage Centre
346A Church Street Parramatta NSW 2150
(Parking is available next door at the The Sebel \$12)

To register- email michelle.booker@ae.salvationarmy.org or phone (02) 9542 5699

Depression. It can mean a lot of things.... but it almost always represents a challenge for workers. While we all know it's common, it's not always easy for a worker from a strength's or goals-focussed 'client led' perspective; it can be tough when the client isn't bursting with ideas or suggestions for options, or even believe that change is possible!

Within this workshop we will look beyond a symptom checklist to the importance of assessment of needs **and** strengths in building a comprehensive understanding of the client. Offering a framework for understanding depression- we will explore ways to decrease risk factors and increase protective factors.

Throughout the workshop there will be opportunities to get an overview of depression (what is actually going on), identify assessment issues (whose role is it & what to look for), treatment options (what to try), and explore referral pathways (collaboration & where to from here).

The workshop participants will:

1. Explore the nature and characteristics of depression.
2. Understand the effects of the 'vicious cycle of depression'.
3. Explore techniques and intervention from a variety of perspectives.
4. Examine Hope theory and its application with people who may be experiencing depression.
5. Reflect on their own experiences and identify specific examples of their own 'successes' and 'failures'.

TAX Invoice

Salvation Army- Oasis Youth Support Network

ABN 57 507 607 457

NAME:ORGANISATION:

EMAIL:PHONE:

\$65- Early Bird (payment received by 24th Feb) Cheque made payable to 'Oasis Youth Support Network'

OR

\$90- I enclose a cheque/money order for made payable to 'Oasis Youth Support Network'

The cheque/money order will be sent separately once the tax invoice is processed.

Registrations close 13th April 2012

Early Bird registration close 30th March

Complete this registration form and email to michelle.booker@ae.salvationarmy.org
or fax to (02) 9526 6143; or post to: Reconnect PO Box 402, Caringbah, NSW 2229