



Depression and Connection:

A fresh way of working with depression
(for Professionals)

Relationship is the antidote to depression but how do we encourage our clients to do the opposite of what their body and mind is telling them and connect with others?

- What if focusing on depressive feelings is working against recovery from depression?
- Would that change the way you work?
- How often are you left flat and frustrated when working with a depressed client?
- Until now have you avoided those workshops addressing depression because “you’re over it!”

Open up to new possibilities, reframe and increase your efficacy in working with depression.

This 3 hour workshop, in part, will be based on the work of Michael Yapko PH.D. who describes Depression as being contagious: just as anxiety (often its precursor) spreads throughout families, organisations and communities.

- What if depression is a response to life’s challenges and not a disease?
- What if, as well as the impact of temperament, depression is viewed as a condition that results from a pattern of thinking and behaviour that is modelled and learned and unconsciously reinforced by family and society at large?

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for professionals who support those experiencing depression.

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