

NORTHWEST BEHAVIORAL HEALTH IPA PRESENTS

Michael D. Yapko , Ph.D.

**The Social Contagion of Depression:  
What Therapy Can Do That Antidepressants Can't**

**Community Health Education Center**

**3333 Squalicum Parkway**

**BELLINGHAM, WASHINGTON**

**Friday, April 12, 2019**

**8:20 a.m. to 4:00 p.m.**

# THE PRESENTER: MICHAEL D. YAPKO, PH.D.



Michael D. Yapko, Ph.D., is a clinical psychologist and marriage and family therapist residing in Fallbrook, California. He is internationally recognized for his innovative work in treating depression with active, brief psychotherapies. He routinely teaches to professional audiences all over the world. To date, he has been invited to present his ideas and strategic methods to colleagues in more than 30 countries across six continents, and all over the United States.

Dr. Yapko has had a special interest that spans nearly four decades in the intricacies of brief therapy, the clinical applications of directive and experiential methods, and proactively treating the disorder of major depression. His social view of depression has considerable empirical support and encourages multi-dimensional treatments. He is the author of 15 books and editor of three others, and numerous book chapters and articles on these subjects. These include *The Discriminating Therapist*, *Keys to Unlocking Depression*, *Depression is Contagious: How the Most Common Mood Disorder is Spreading Around the World and How to Stop It*, and *Breaking the Patterns of Depression*. His works have been translated into nine languages. More information about Dr. Yapko's work is available on his website: [www.yapko.com](http://www.yapko.com).

Dr. Yapko is a Fellow of the American Psychological Association and is the recipient of numerous awards for his contributions to advancing the field of psychotherapy, including lifetime achievement awards from the American Psychological Association and The Milton H. Erickson Foundation.

# The Social Contagion of Depression

The rate of depression is rising at a rate even faster than experts had predicted. According to the World Health Organization (WHO), depression is now the single greatest cause of human suffering and disability around the world. That epidemiological observation alone tells us how serious and pervasive the problem of depression has become. This unprecedented and still continuing rapid growth rate, as well as the recognition of the many associated social and technological changes giving rise to it, provide increasing evidence that biology is less a factor in depression's spread while social forces must be recognized as the greater factor.

Science is confirming what we have probably always known in our hearts: *We are built to be in positive, meaningful relationships with others in order to feel good.* Yet, today, our most powerful relationships, our families and our communities of which they are a part, are damaged and suffering in unprecedented ways. How are people to cope with the uncertainties of modern life? How are people to form meaningful relationships if they don't have the skills or opportunities to do so? What are the implications of being unable to distinguish "real news" from "fake news" when trying to make good, life-enhancing decisions? For most people, depression does *not* strike "out of the blue." By the time depression arises, the risk factors had already been in place for *years*. Therapists can recognize and address these risk factors not only in treatment, but in strategies of prevention.

In this one-day presentation, we will explore the substantial evidence that depression is much more a social than medical problem and consider the implications of that recognition for effective intervention. Despite the popularity of antidepressants as the most common form of treatment in America today, there are things that no amount of medication can do, including building the skills necessary to function well as individuals and as a family. What these skills are and how to help build them is the focus of this workshop. The training will also include a highly instructive video demonstration of a treatment session with a man suffering co-morbid depression and PTSD stemming from an extensive history of physical abuse. The commentary and analysis of this session brings into sharp focus many of the key points that will be made throughout the day. Finally, we will consider the issue of prevention and what psychotherapists can do to help stem the rising tide of depression.

# The Social Contagion of Depression

## Workshop Schedule

|             |  |
|-------------|--|
| 8:20-8:30   | Opening Remarks  |
| 8:30-10:00  | Biology and Psychology on a Collision Course<br>Overselling Medications: What Psychotherapy Can Do Better<br>Defining the Therapeutic Relationship Multi-Dimensionally<br>Evolving an Active Treatment Framework<br>The Social Side of Depression: Depression is Contagious<br>Epidemiology as an Informant  |
| 10:00-10:15 | Break  |
| 10:15-12:00 | Personal and Interpersonal Patterns of Self-Organization Defining the Targets of Treatment<br>Attributional Styles and Perception: Meaning and Mood<br>Ambiguity as a Primary Risk Factor and Treatment Target<br>Focus: Global Cognitive Style<br>Stress Generation and Depressed Decision-Making<br>Discrimination Strategies and The Discriminating Therapist |
| 12:00-1:00  | Lunch Break  |
| 1:00-2:30   | The Merits of Experiential Learning: Focusing as a Catalyst<br>Watching it Work: The Case of Mike<br>Analysis and Commentary Highlighting Pivot Points in Therapy  |
| 2:30-2:45   | Break  |
| 2:45-3:45   | The Power of Expectancy in Shaping Treatment Response<br>Action in Treatment: The Use of Tasks in Skill Building<br>Depression as a Family Issue: Implications<br>Learning to Think Preventively   |
| 3:45 -4:00  | Summary, Q&A, Closure  |

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## Workshop Objectives

At the end of this workshop, the learner will be able to:

1. Describe the epidemiology of depression and relate the rising rates to social factors.
2. Describe the limitations of a one-dimensional pharmacological approach in treating a multi-dimensional problem;
3. Identify common risk factors of depression and discuss their implications for treatment planning.
4. Describe the role of a client's cognitive style in the onset of disorders and how treatment might be used to address it.
5. Describe the role of selective attention in the onset and course of disorders and how focusing strategies such as hypnosis and mindfulness might be used to create an internal shift in the quality and direction of focus.
6. Identify the role of global cognition in impairing the ability to make key contextual distinctions.
7. Design structured homework assignments to build the multi-dimensional skills needed to recover and also reduce the risk of relapse.

# WHAT IS NWBHIPA?

## **What is NWBHIPA?**

The Northwest Behavioral Health Independent Providers Association is a not-for-profit group of over 283 mental health providers throughout Whatcom, Skagit, Island and San Juan counties in Washington State. The NWBHIPA is now in its 14th year and is dedicated to providing quality mental health care that is safe and confidential to patients and collegial support and excellent educational opportunities to members. Membership in the NWBHIPA is available for a one-time fee of \$150. Benefits include discounted tuition to all NWBHIPA sponsored continuing education workshops. [www.nwbhipa.org](http://www.nwbhipa.org)

**This workshop is approved for 6 continuing education credits by the Northwest Behavioral Health Independent Providers Association (NWBHIPA). NWBHIPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NWBHIPA maintains responsibility for this program and its content.**

# REGISTRATION INFORMATION

## REGISTRATION

\$149 IPA members

\$179 Non IPA members

\$50 Student with current ID (limit of 10)

Late fee of \$15 added after March 29, 2019

\$150 IPA Membership one-time fee

Certificates of completion available to all attendees.

Registration includes lunch.

Pay ONLINE using PayPal or by check or money order payable to NWBHIPA and mailed to NWBHIPA, PO Box 1661, Mount Vernon, WA 98273-1661.

## CANCELLATION POLICY

Full refunds minus a \$25 processing fee will be offered with written requests received by March 29, 2019. **No refunds after April 9, 2019.**

## ACCOMMODATIONS

Special room rates have been made available at the Hotel-Bellingham Airport for \$89 per night.

Reservations: (360) 676-7700. Code CHXIPA.

## The Social Contagion of Depression:

### What Therapy Can Do That Antidepressants Can't

FRIDAY, APRIL 12, 2019

8:20 A.M. TO 4:00 P.M.

Register online here.

Register by mail here.

FOR INFORMATION CONTACT

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