



## **Course: cbt for depressive disorder: a clinician's guide**

**Address:** <https://asadis.net/en/course/cbt-for-depressive-disorder-a-clinicians-guide/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### **Overview:**

Major Depressive Disorder (MDD) is notoriously challenging to overcome, as its core symptoms include a lack of energy and self-defeating thoughts. To support you in guiding your clients toward recovery, Dr. Deborah Schwartzman, an experienced clinician, has compiled the most effective clinical techniques and best practices into a definitive guide. This comprehensive resource focuses on treating MDD and related depressive disorders using Cognitive Behavioral Therapy (CBT).

You will be guided through a comprehensive CBT protocol, focusing on the assessment, conceptualization, and development of individualized treatment plans for clients with MDD and its specifiers.

Evidence-based strategies, such as safety planning, behavioral activation to alleviate inactivity and anhedonia, cognitive restructuring to challenge maladaptive thought patterns and schemas, will be covered.

Additional topics include mood regulation strategies, problem-solving skills and communication techniques to address daily challenges.

In this workshop, Dr Schwartzman will also present relapse prevention methods to equip clinicians with tools to help sustain therapeutic progress and improve long-term well-being.

By the end of this workshop, you will have a thorough understanding of how to apply these evidence-based CBT interventions to enhance mental health outcomes for clients with depressive disorders.

**Learning objectives:**

1. Develop individualized treatment plans for clients with Major Depressive Disorder (MDD) and related depressive disorders
2. Implement evidence-based strategies such as safety planning, behavioral activation, and cognitive restructuring to manage symptoms and improve client outcomes
3. Apply relapse prevention methods to sustain therapeutic gains and support long-term mental health and well-being for clients with depressive disorders

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

**The expert, Dr. Deborah Schwartzman**

Dr. Deborah Schwartzman, psychologist, is an experienced psychologist who provides clinical services to a wide variety of clients and patients. She however specializes in providing support and treatment for individuals struggling with post-traumatic stress disorder, anxiety disorders, and mood disorders. She has extensive research and clinical experience in Cognitive Behavioural Therapy (CBT), a well-established and evidence-based approach. In addition to her clinical work, Dr. Schwartzman provides clinical training and supervision to graduate students and interns as well as mental health professionals.

**Syllabus**

PowerPoint

Introduction

Foundations and Assessment in Treating Depression

Introduction to Major depressive disorder and other depressive disorders

Understanding the dimensions of MDD

Why CBT

Assessment

Risk Assessment & Management

Case Conceptualization

Core CBT Techniques and Skills Depression

CBT Treatment Components & Session Structure

Psychoeducation

Cognitive Interventions

Identifying Distorted Thoughts

Identifying Maladaptive Schemas

Cognitive Restructuring

Examples of Cognitive Restructuring

Additional Cognitive Strategies

Introduction to Behavioural Interventions

Activity Scheduling 1- Lifestyle Adjustments

Activity Scheduling 2- Overcoming Inactivity

Activity Scheduling 3- Mindful Awareness & Values-Based Goals

Additional Skills Training

Relaxation Training & Emotional Awareness

Specifiers & Other Considerations

Relapse Prevention & Termination

Conclusion

Bibliography