

PROGRAM ON DEPRESSION

SYNOPSIS

Workshop's Theme 1: DEPRESSION / INTRODUCTION

Main Objective:

- Help the clients deepen their knowledge regarding depression

Specific Objectives:

- Describe the contents of the workshops and their development
- Define the meaning of depression
- Collect perceptions of life situations shared by the clients

Means to reach the objectives:

- Use of a questionnaire to overlook theories on depression
- Presentation of a general definition of depression
- Discussions and conversations between the group moderator and the clients
- Overview of the workshop to verify achievements

- **Duration: 1 h 15**

References:

Workshop's Theme 2: DEPRESSION / DEFINITION

Main Objective:

- Help the clients deepen their knowledge on depression

Specific Objectives:

- Define the meaning of depression by presenting different types of depression
- Describe the symptoms of depression
- Distinguish between depression and bereavement
- Illustrate the consequences of depression
- Present causes leading to depression

Means to reach the objectives:

- Presentation on theories relating to depression
- Discussions and conversations between the group moderator and the clients
- Overview of the workshop to verify achievements

- **Duration: 1 h 15**

References:

Workshop's Theme 3: DEVELOPMENT of DEPRESSION

Main Objective:

- Help the clients deepen their knowledge on depression

Specific Objectives:

- Illustrate the symptoms of depression
- Present the phases in the development of depression
- Explain the length of a depression and different ways of preventing suicide

Means to reach the objectives:

- General theories on depression
- Presentation of a chart describing warning signs of depression
- Presentation of an outline illustrating the development of depression
- Discussions and interaction between the group moderator and the clients
- Overview of the workshop to verify achievements

- **Duration: 1 h 15**

References:

Workshop's Theme 4: TREATING DEPRESSION

Main Objective:

- Help the clients deepen their knowledge on depression

Specific Objectives:

- Present the different phases in the treatment of a state of depression
- Treating depression: pharmacotherapy and psychotherapy
- The basic principles of cognitive behavioral therapy (CBT model)
- Distinguish between depression and anxiety

Means to reach the objectives:

- General theories on the state of depression
- Presentation of the outline showing the development of a depression
- Discussions and conversation between the group moderator and the clients
- Overview of the workshop to verify achievements

- **Duration: 1 h 15**

References:

Workshop's Theme 5: DIFFERENT PATTERNS OF THOUGHT

Main Objective:

- Help the clients deepen their knowledge on depression

Specific Objectives:

- Different negative ways of thinking leading to a state of depression and maintaining the situation
- Negative ways of thinking associated with erroneous beliefs
- Positive self-talk connected with new principles

Means to reach the objectives:

- Theories on depression
- Presentation on different patterns of negative thoughts
- Presentation on negative self-talk associated with erroneous beliefs and related to negative patterns of thought
- Discussions and conversation between the group moderator and the clients
- Overview of the workshop to verify achievements

- **Duration: 1 h 15**

References:

Workshop's Theme 6: DEPRESSION/ POSITIVE THINKING

Main Objective:

- Teach the clients theories on positive thinking

Specific Objectives:

- Help the clients to understand the benefits of positive thinking
- Help the clients to discover the advantages of positive thinking
- Explain the theories on mindfulness

Means to reach the objectives:

- Theories based on mindfulness
- How to encourage positive thinking
- An overview of tools to raise the positive ratio
- Discussions and conversation between the group moderator and the clients

- **Duration: 1 h 15**

References :

Workshop's Theme 7: DEPRESSION/ CONSCIOUS WALKING

Main Objective:

- Teach the clients theories on conscious walking and methods of practicing it.

Specific Objectives:

- Help the clients to understand the benefits of conscious walking
- Help the clients to understand the basis of conscious walking
- Help the clients to practice conscious walking in their daily life

Means to reach the objectives:

- Theories on the fundamental rules of conscious walking
 - History and benefits of conscious walking
 - Testing conscious walking outdoors with a guide
 - Discussions and conversation between the group moderator and the clients
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- **Duration: 1 h 15**

References:

Workshop's Theme 8: DEPRESSION/ Revision

Main Objective:

- Help the clients to summarize the acquisition of knowledge during their therapy and enable them to put into practice the information they have gathered in the main areas of their lives (family, community and workplace).

Specific Objectives:

- Help the clients to identify what has changed significantly during the therapy
- Help the clients to identify what has been most useful
- Help the clients to identify the best methods of preventing a relapse and increasing good living habits

Means to reach the objectives:

- Presentation of a chart showing the main fields of life (family, community, workplace)
- Recommend exercises likely to maintain the achievements
- Recommend a list of activities likely to arouse interest
- Presentation of the main features of wellbeing
- Discussions and conversation between the group moderator and the clients

- **Duration: 1 h 15**

References: