

Registration Form

TAX INVOICE
CPM ABN: 84 589 199 516
Martell 2010

TITLE: _____ NAME: _____

ADDRESS: _____

_____ POSTCODE: _____

PHONE: (____) _____

EMAIL: _____

SELECT YOUR WORKSHOP:

Melbourne – Saturday 19 June 2010

Brisbane – Monday 21 June 2010

Perth – Wednesday 23 June 2010

Adelaide – Saturday 26 June 2010

Sydney – Monday 28 June 2010

PAYMENT

Cheque/money order payable to CPM

Amount being paid: \$286 (includes \$26 GST)

Credit Card

Mastercard Visa

Expiry: ____/____

NAME ON CARD: _____

Please print

SIGNATURE: _____

**POST: CPM Training & Counselling
PO Box 188
HEIDELBERG VIC 3084**

FAX: (03) 9497 1762 [Please DO NOT fax cover sheets]

PHONE DETAILS TO: (03) 9497 1426

Workshop Details

Venue Details

Melbourne

Darebin Arts and Entertainment Centre
Cnr St Georges Road and Bell Street, Preston

Brisbane

Chifley at Lennons
66-76 Queen Street, Brisbane

Perth

Boulevard Centre
99 The Boulevard, Floreat

Adelaide

Stamford Plaza Hotel
150 North Terrace

Sydney

Waterview Convention Centre
Bicentennial Drive, Olympic Park, Sydney

Workshop Duration

Each workshop will run from 9.00am to 5.00pm
(including AM/PM refreshments and lunch).

Included in Registration

Your workshop fee includes AM/PM refreshments and lunch
each workshop, plus notes.

Registration Fee

\$286 (incl \$26 GST)

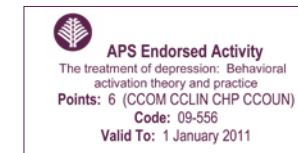
Cancellation Policy

If you cancel more than thirty (30) days prior to a workshop,
you will receive a refund, LESS \$50 administration fee.

If you cancel less than thirty (30) days prior to a workshop,
NO REFUND is payable. We appreciate that medical conditions
or other emergencies can occur, but CPM cannot accept
responsibility for these. Registrations can be transferred
to another person.

Professional Recognition

Australian Psychological Society



Australian Association of Social Workers



Certificates of Attendance, showing number of hours,
are provided to all registrants.

Important notes

Catering Requirements

If you require special catering email:
cpmserv@tpg.com.au NOW.

Special catering CANNOT be provided on the day.

**Please allow 3 weeks
for processing of registrations**

WORKSHOP HOTLINE

Registrants may call 0429 529 343 up to 72 hours
prior to confirm that your workshop is on schedule.

CPM Training & Counselling

Visit our website for more details and a PDF of this brochure.
Information about our other workshops in 2010 is also
available.

CPM Training and Counselling
www.cpmervices.org

A 1-day training workshop with



Christopher R. Martell PhD, ABPP

The Treatment of Depression: Behavioral Activation Theory and Practice

Christopher R. Martell PhD, ABPP

Clinical Associate Professor

Departments of Psychology & Psychiatry

University of Washington, Seattle, Washington USA

CPM
Training and Counselling

Christopher R. Martell PhD

Christopher Martell PhD is a Clinical Associate Professor in the Departments of Psychiatry and Psychology at the University of Washington, Seattle. He has a large private practice, specialising with clients presenting with depression and anxiety disorders.

Christopher has significant experience across a variety of psychological workplace settings and an impressive record of academic and clinical publications. He is a co-author of *Behavioral Activation for Depression: A Clinician's Guide (2010)* and *Depression in Context: Strategies for Guided Action (2001)* as well as many other publications. He is a Past President of the American Board of Cognitive and Behavioral Psychology, a specialty board of the American Board of Professional Psychology (2006-2008) and is a Fellow of Divisions 12 and 44 of the American Psychological Association.

Christopher has an outstanding reputation as a speaker and workshop presenter, and has won several awards for teaching and his contributions to the psychology profession. He presents regularly at academic and clinical congresses and workshops.

In 2008, Christopher was a Keynote and Workshop presenter on Behavioral Activation at the Australian Association of Behaviour Therapy Conference, Adelaide.

Behavioral Activation

Behavioral Activation (BA) has been used in the treatment of depression for nearly fifty years. In a recent randomised clinical trial in the US, BA outperformed both cognitive therapy and antidepressant medication in the acute treatment of depression and gains achieved by clients receiving prior cognitive therapy or prior BA were equally maintained at 2-year follow-up. BA is at the forefront in the resurgence of behavior therapy in the treatment for depression. With its emphasis on the importance of activation and engagement in recovery from depression, BA teaches clients specific strategies to improve mood and address life problems. BA uses a number of core strategies including increasing activity linked with positive mood,

modifying avoidance patterns, identifying important life goals, maximising commitment to acting toward goals independent of mood, regulating routines, increasing contact with naturally reinforcing contexts, and solving problems.

While the major research on BA has focused on the treatment of depression, smaller trials have been conducted applying BA to such problems as co-morbid depression and PTSD, and to co-occurring depression and medical problems in elderly populations. The treatment has been evaluated for use in groups, with multicultural adult populations and adolescents. Developers of BA have identified ten guiding principles that have been observed in successful treatment of depressed adults. These principles can also be applied in the application of other iterations of behavior therapy and with a variety of disorders. The research continues to be conducted that will assure practitioners that BA is a valid transdiagnostic approach. The guiding principles and the basic idea that engagement and avoidance modification are important to symptom reduction can apply to many psychological problems. Escape and avoidance behaviors are common in depression, inhibited grieving, and in anxiety disorders. The Ten Principles used in BA are similar to those used in the treatment of these disorders.

Workshop Description

In this introductory workshop, participants will be taught the basics of BA for depression and the Ten Guiding Principles of BA will be applied to behavior therapy in general.

The workshop will utilise didactic presentation as well as video-tape demonstrations from actual clients. Audience participation will be an essential part of the workshop, with a variety of exercises geared to increase participants' competence in applying particular techniques and in following the Principles. The application of these Principles applies to behavioral activation, behavior therapy, cognitive-behavior therapy and will be useful tools for therapists from other theoretical orientations.

Session Outline

- | | |
|----------------------|--|
| Session One | Introduction to Behavioral Activation
History of Treatment
Research Supporting BA
Basic Structure of Therapy |
| Session Two | The Ten Principles of BA
Core Competencies
Structure of Treatment |
| Session Three | BA with Depressed Clients
Activity Monitoring and Scheduling
Tips for Increasing Activation |
| Session Four | BA with Depressed Clients (Continued)
Countering Avoidance
Dealing with Client Rumination
BA as a Transdiagnostic Process
The Ten Principles in treatment of other problems. |

Workshop Objectives

From this workshop, participants will:

1. Understand the history and research-base of behavioral activation and its applications with depression and other disorders.
2. Learn the Ten Principles of an effective behavioral activation therapist that they can apply in their practice of BA and more generally.
3. Define client problems concretely to facilitate steps toward change and break goals into attainable steps.
4. Gain useful tips for enhancing client commitment and activation.

Workshop Designed For

Psychologists, social workers, counsellors, psychotherapists and other health professionals who work with clients experiencing depressive symptoms and anxiety.

Testimonials

Dr Martell's behavioral activation workshop was well-grounded in both theory and history, yet filled with concrete applications and solutions. His presentation style is relaxed, funny, and in complete command of the material. The novice therapist could immediately utilize these empirically supported skills, while the more advanced therapist will walk away with a much deeper sense of what behavioral activation is capable of, how to creatively apply it, and how to troubleshoot various barriers to its effective use.(2009 Washington State Psychological Association workshop attendee)

I put these principles into practice and structured sessions with some of my more depressed clients more than I typically do, with good results.(Response to Behavioral Activation for Depression: A Clinician's Guide from a Psychoanalytic Colleague)

I found Dr Martell's workshop not only informative but, more importantly, clinically relevant and useful. His hands-on approach to teaching and his ability to connect with the audience added to the positive learning environment. (2009 Washington State Psychological Association workshop attendee)

Dr Martell's behavioral activation workshop was just what I needed to upgrade my skills and encourage more effective implementation of BA strategies with my clients. Excellent workshop! (2009 Washington State Psychological Association workshop attendee)