

Full Day Workshop Proposal

Clinical Depression: Integrating key cognitive and behavioral interventions

Clinical depression is a complex disorder with a variety of biological, psychological and social features. Cognitive behavioural therapies have now advanced to the point where critical evidence-based interventions exist for the range of problems are seen in depression. In this workshop, the most effective interventions at the cognitive and behavioural levels presented. These interventions include activity scheduling, sleep interventions, problem-solving, negative cognitive patterns, and the core beliefs and values that propel unique interpretations and behavioural responses. The workshop will use a combination of instruction, video, discussion and exercises to help participants conceptualize clinical depression in a holistic manner, and to select those interventions that have the best likelihood of reducing depressive symptomatology in the clients with the work. The workshop will assume a moderate level of understanding of the basic principles of cognitive and behavioural therapies, and will be of particular use to practitioners who work regularly with clients with depression.

Learning Objectives:

- Describe the biopsychosocial model of depression
- Name the evidence- based strategies that address behavioral and psychological aspects of depression
- Formulate a treatment plan for depression that includes key interventions
- Select appropriate interventions for behavioral and cognitive aspects of depression

One Hour Keynote Address

The Stigma of Mental Disorders: Causes, consequences and corrective strategies

It has been said that the stigma related to mental disorders has greater consequences than the disorder itself for some people. Stigma can take a variety of forms, including social stigma, self stigma, and structural stigma. In this presentation the various ways in which stigma can exhibit itself will be described, and some of the potential consequences of stigma will be also highlighted. The work of a recent *Lancet* commission on stigma and discrimination (2022) will be summarized, before the presentation turns to strategies that can be adopted to mitigate the impact of stigma. Responsibilities for these strategies include those of health care professionals, international organizations such as EABCT, governmental and nongovernmental agencies in the field of mental health, employers and the media. Some of these responsibilities will be highlighted, and work from the Mental Health Commission of Canada will be presented. The presenter has been working for the past decade in the development and evaluation of programs that are aimed at stigma reduction, and some of the outcomes from this research will be presented. The presentation will conclude with a discussion of shared responsibilities to address stigma and its negative consequences.

Keith Dobson- Biosketch

Dr. Keith Dobson is a Professor Emeritus of Clinical Psychology at the University of Calgary, where has served in roles such as the inaugural Director of the Clinical Psychology Program, and Head of the Department of Psychology. His research has focused on both models and the treatment of depression, particularly using cognitive-behavioural therapies. Dr. Dobson is also a Principal Investigator for the *Opening Minds* program of the Mental Health Commission of Canada, with a focus on stigma reduction related to mental disorders in the workplace. Dr. Dobson's research has resulted in over 340 published articles and 80 chapters, 18 books, and conference and workshop presentations in many countries. His recent books include *The Stigma of Mental Illness* (2021) and *Treatment of Psychosocial Risk Factors in Depression* (2023). In recognition of his work he has received numerous awards including the Canadian Psychological Association Gold Medal for Lifetime Contributions to Psychology, and Fellow status with several organizations, including the Canadian Academy of Health Sciences and the Royal Society of Canada.

