

Non-psychopharmacological Methods of Treating Depression

About the Presenter

Thomas SEAY, Ph.D.,

ψ N.B.C.C., A.C.S., AAMFT Clinical Member,

ψ APCA Registered Counsellor & Supervisor

ψ Honorary Advisor, Asian Professional Counselling Association

ψ Former Director of Master of Social Sciences in Counselling Psychology, HKSYU

For More information:

<http://www.apca-counselling.com/en/files/advisor/APCA-Web-advisor-Seay.pdf>

About the workshop

1. Aspects of Depression
 - a. Everyday (person on the street) definition of depression
 - b. Epidemiology of depression
 - c. Types of depression
 - d. Causative factors
 - e. Comorbidity (incidence and models)
 - f. The Cognitive Triad
 - g. The Asian perspective
2. Depression with Specific Populations (American & Chinese)
 - a. Children and adolescence
 - b. Adults
 - c. Aged
 - d. Men and Women
 - e. Suicide
3. Assessment Aspects
4. Psychotherapy / Counselling Treatment Methodology
 - a. Models of psychotherapy
 - b. Necessary elements of successful therapy
 - c. Evidence-based efficacy
5. Environmental Therapy
6. Alternative treatments to psychotherapy
7. Summary and Conclusions

Schedule:

Time	Activity
08:30	Registration and Check-In
09:00-10:00	Topics on Depression
10:00-10:50	Depression with Specific Populations
10:50-11:00	<i>Break</i>
11:00-12:00	Assessment of Depression
12:00-13:30	<i>Lunch</i>
13:30-14:30	Treatment Methods for Depression
14:30-15:30	Environmental and Alternative Treatments for Depression
15:30-16:00	Summary and Conclusions
16:00-16:30	Evaluation

Course Details

Date & Time: 16th March, 2013 (Saturday) 8:00 am – 4:30 pm

Venue: **Room 103, Shue Yan University Library Complex**
12 Wai Tsui Crescent, Braemar Hill, North Point, Hong Kong
Map: <http://goo.gl/mkIq>

Targets: Helping professionals: counsellors, psychologists, psychiatrists, social workers; Students majoring in Counselling-related discipline

Language: English

Fee:

	APCA Members	Non-APCA members
Special Offer	\$700(Students)	\$1,200 (Early-bird)
Regular	\$1,200	\$1,500

a) *Discount for workshops will also be given to participants submitting application together with NEW MEMBERSHIP APPLICATION*

b) *Copies of Student ID cards shall be attached for student's application*

Quota: 40

Deadline: REGULAR: 6th March, 2013 (Wed) <Postmark Date as reference>
EARLY-BIRD: 16th February, 2013
(Sat)

Registration

1. Complete the [ENROLLMENT FORM](#), and settle payment by [CROSSED CHEQUE](#) to the following bank account:

Payee: Asian Professional Counselling Association (H.K.) Ltd. Account No.: HSBC 808-021620-001

2. Submit your application with [ENROLLMENT FORM](#) & [CROSSED CHEQUE](#) by post to:

ASIAN PROFESSIONAL COUNSELLING ASSOCIATION Department of Counselling and Psychology, Shue Yan University 10 Wai Tsui Crescent, Braemar Hill, NORTH POINT, HONG KONG
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Enquiries

Tel.: (852) 2806 7326 <Voicemail>
Email: admin@apca-counselling.com
Website: <http://www.apca-counselling.com>

Remarks

1. Only application with COMPLETED ENROLLMENT FORM & BANK SLIP / CROSSED CHEQUE will be accepted.
2. Application will be accepted on FIRST-COME-FIRST-SERVED BASIS, confirmation will be sent by email.
3. Fees are non-refundable.
4. Receipt of application fee and Certificate of Attendance issued by “**Asian Professional Counselling Association (Hong Kong)**” will be given to the participants at the end of the course.
5. If Tropical Cyclone Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is issued, the workshop will be cancelled. Details of postponement or other arrangements will be announced afterwards.

Enrollment Form

**Please fill in all information.*

OFFICE USE ONLY	<input type="checkbox"/> HK\$ <input type="checkbox"/> Ref. No.:	<input type="checkbox"/> Date: <input type="checkbox"/> Receipt No.: <input type="checkbox"/> Cert No.:
Course Name:	<i>Non-psycho pharmacological Methods of Treating Depression</i>	
Salutation:	Dr. / Prof. / Mr. / Mrs. / Ms. / Others: _____	
Name: <i>(To be shown on Cert.)</i>	English: _____	Chinese: _____
APCA Membership:	Membership No.: _____	<input type="checkbox"/> Non-member
Employer:		
Type of Service:	UID (for C&P students): _____	
Correspondence Address:		
Telephone:	Mobile: _____	Office: _____
Email:		
Your expectation towards this workshop/course:		
Payment:	<input type="checkbox"/> I hereby declare to pay HK\$ _____ for application to captioned workshop <input type="checkbox"/> BANK DEPOSIT Date: _____ Ref. No.: _____ <input type="checkbox"/> CHEQUE Bank: _____ Cheque No.: _____	

Payee: Asian Professional Counselling Association (H.K.) Ltd.

Account No.: HSBC 808-021620-001