

Working with Depression and Anxiety

A one day course

Levels of depression and anxiety are now more prevalent than at any time in modern history. With any other mental disorder or physical disability, there is a disproportionate risk of also becoming depressed, anxious or both. Therefore, staff working in any care environment are going to come across depression and anxiety in their everyday working life. This course explores the nature of depression and anxiety and how they may impact on people's ability to apply themselves to their life. It will also define depression and anxiety and examine how they may be linked. The course will also highlight various interventions and strategies which may be used to empower the individual you are caring for and alleviate the most challenging symptoms.

A set day for focusing on *Depression and Anxiety in the Elderly* is also available.

Who is it for? The course is designed for anyone who works directly with people in the caring professions whether qualified or unqualified or working in the voluntary or statutory sectors. This may include mental health staff such as support workers, ward staff, nurses, occupational therapists or social workers or staff who provide daily support, care and supervision on a regular basis.

Timetable (may be subject to amendment)

Session 1 Depression & Anxiety – introduction & overview

The Complexity of Diagnosis

Overview of nature, causes, prevalence and variations in depression

Exercise – Making a Diagnosis

Session 2 Overview of Anxiety

Exploration of how depression and anxiety are linked

Risk assessment and management and safeguarding

Exercise – Risk and Capacity

Session 3 Assessment, Capacity & Risk

Examination of interventions, strategies and an overview of therapies which may be effective in this area of work

Looking at best practice, active listening & person-centred care

Exercise – Case Study and/or DVD exercise

Session 4 Exploration of common problems for practitioners, teams and services

Identification of possible changes to practice

Exercise – Next Steps

Learning Outcomes

On completion of this course, participants will be able to:

- Recognise the possible causes, categories and diagnostic difficulties in depression and anxiety
- Understand the issues and challenges often facing people with this diagnosis
- Understand the importance of person-centred care and the principles of best practice
- Use specific interventions and strategies designed to promote wellbeing and self-determination
- Identify possible changes in individual, team or service provision

Training Techniques

Taught, group exercises/case studies, Q&A, DVD