

# Understanding Depression

*A one day course*

Health and Social Care practitioners working in the field of mental health and those who may have dealings with individuals who have mental illness need to have a comprehensive understanding of the nature of Depression. What is the difference between being 'down' and 'fed up' and being depressed? What is Clinical Depression? Is this different to Depression? Did you know that Depression is a PHYSICAL illness?

This course provides practitioners with an understanding of Depression and the various manifestations of it as well as some practical hints and tips concerning treatment and management interventions

**Who is it for?** This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment with particular emphasis on front-line workers.

**Timetable** (may be subject to amendment)

**Session 1** Depression – an introduction and overview  
Problems, definitions and stereotypes  
Facts and Myths

**Session 2** Symptoms of Depression  
Stress, Vulnerability and Trauma – practical common sense approach  
Psychological Models of Depression

**Session 3** Consequences and Thinking errors in Depression  
Importance of the Environment – Expressed emotion

**Session 4** Manifestations of depression and related conditions  
Bi-Polar Affective Disorder / SAD / Psychosis  
Interventions for Depression – medical and Psychological  
Practical Interventions and treatments continued including First Aid measures

## Learning Outcomes

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

- Understand the nature of Depression
- Understand the principle causes and manifestations of depression
- Understand the process of recovery
- Understand the principle helping strategies and treatments for Psychosis