



# Depressive Disorders: recognising, understanding and responding.

**Exploring key characteristics to support informed and effective interactions.**

Everyone feels sad or listless sometime. It is part of being human. However, if sadness or a loss of interest in joining life's activities persist over a longer period, a person could be sliding into depression.

They might experience feelings of low self-worth, hopelessness, and suicidal thoughts. More than 6 in 100 Australians suffer from a depressive disorder. Symptoms of depression are often not recognised by others, who might worsen the situation through unhelpful communication.

This seminar will provide an understanding of depressive disorders, including: an overview and the causes of depressive disorders; major depressive disorder; dysthymic disorder (persistent depressive disorder); differentiation between depressive disorders and bipolar disorders; depression specifiers such as perinatal depression; as well as suicidality.

Four areas will be explored for depressive disorders: (1) clusters of symptoms, (2) the lived experience, (3) treatment options, and (4) helpful and unhelpful communication. Case studies and audio-visual material will be used to illustrate the lived experience. The presentation style will be interactive, encouraging participant questions and contributions.

### Learning objectives of this training:

1. Have an understanding of depressive disorders.
2. Recognise key characteristics of major depressive disorder and dysthymic disorder (persistent depressive disorder).
3. Understand the lived experience.
4. Learn to distinguish between helpful and unhelpful communication when interacting with people affected by depressive disorders.



**Renata Porzig-Drummond** is a lecturer at the Australian College of Applied Psychology in Sydney, specialising in the fields of mental health and psychology. She uses an interactive presenting style that encourages participation, and focuses on the practical relevance of the topic for participants' context.

Renata holds a PhD in Clinical Psychology and a BSc Psychology (Hon) from Macquarie University; a GradDip in Psychology and a BA from the University of Sydney; and a Certificate of Holistic Counselling from Nature Care College. Renata's research has focused on behaviour change and her research has been published in leading academic journals, including Behaviour Research and Therapy, Australian Social Work and Social Science & Medicine.

Renata's clinical experience includes crisis counselling, psychological assessment, and working with clients with depressive and anxiety disorders, OCD and ADHD. Renata is a member of the Australian Psychological Society (APS) and the International Coaching Federation (ICF).

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**We'll bring this training to your team at your workplace anywhere in Australia or New Zealand. We can also deliver to your team by live webcast no matter where you and they are located.**

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

**Morning Session**  
(includes a short break)

Overview of depressive disorders.  
Causes of depressive disorders.  
Symptom clusters, lived experience, treatment options, and helpful communication related to:

- Major depressive disorder.
- Dysthymic disorder (persistent depressive disorder).

**Afternoon Session**  
(includes a short break)

Depressive disorders specifiers, such as perinatal and melancholic.  
Differentiation between depressive disorders and bipolar disorders.  
Suicidal ideation.  
  
Evaluation and closing.

***“This seminar will focus on (1) a deeper understanding of depressive disorders, (2) skills in recognising symptoms clusters related to depressive disorders, and (3) helpful and unhelpful communication when interacting with people affected by depressive disorders.”***

Renata Porzig-Drummond

#### **How will you benefit from attending this training?**

- Learn to identify patterns of symptoms relating to major depressive disorder and dysthymic disorder (persistent depressive disorder).
- Understand the lived experience of people with depressive disorders.
- Learn to distinguish between communication that is helpful and unhelpful when interacting with people with a depressive disorder.

#### **Booking process:**

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
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- Presenter travel and accommodation costs.
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This training workshop is suitable for anyone without or minimal prior training or experience in mental health who may encounter people with mental health issues in their professional lives. These may include: coaches; HR professionals; some counsellors, psychotherapists and social workers (depending on their training); teachers, volunteers; community workers; and allied health professionals.

#### **Feedback form Renata’s recent presentations to health professionals:**

*“Renata’s enthusiasm, attention to detail, going over and beyond expectations made it an absolute pleasure.”*

*“The enthusiasm, knowledge on this subject and in general, and engaging teaching ability to teach made this an enjoyable and valuable training. Thank you!”*

*“Renata’s enthusiasm makes such a difference to the training. She is a very knowledgeable and positive trainer.”*

*“Renata was very encouraging of us to ask questions and engaging with her in a way that knowledge was fantastic and contributed to everyone’s learning. She was approachable and fair. Just great!”*

*“Renata’s knowledge and experience is impressive! She was well prepared, approachable and helpful throughout.”*

*“A very interesting topic – Renata was so helpful in terms of information and responding to questions.*

*Renata answered questions and managed the room skilfully. She created a wonderful learning environment and I learned so much to take into my practice.”*