



Working with Depression Through an Existential Lens

Skills for exploring and understanding loss of meaning for depressed clients.

Drawing on existential philosophy and existential integrative practice frameworks, this seminar aims to engage the participants through a blend of existentially-informed understanding of depression and associated moods and symptoms, experiential learning, and opportunities to experiment with embodied and creative ways of working with adolescents and adults living within the experience of depression. The existential perspective differs significantly from the traditional models of conceptualising the presentation of depression and subsequent assessment and treatment (medical, genetic, or biopsychosocial model). The philosophical foundation of existential therapy offers a different view of the presence and significance of depression in one's life and frames the experience of depression as an encounter with meaninglessness and as a loss of purpose and meaning, as a consequence of encountering some of life's more painful fluctuations.

Existential perspective holds that humans will fall into despair as a result of encountering harsh facts of life; life brings loss, change, disappointment, pain, suffering – sometimes beyond what anyone thought possible to endure. Existential therapy goes beyond the symptom of depression as experienced by the individual alone and places depression within the individual's interactions with the world. Existentially, the depressed client is stuck in the present; their past is one of failure to live up to one's potentialities, and their future hopeless. Where there is loss of hope, loss of meaning follows. If everything is meaningless, then connections to people, relationships, projects, future, self – they are strained

and sometimes severed by the client who feels that there is no point to any of them. This seminar aims to explore ways of working with clients who experience just that, and support clients to find a reason to – as expressed by R. D. Laing – “still put on a coat and a tie, under the circumstances”. Consequently, the seminar offers a variety of experiential and creative approaches as ways to support the client to interact differently with their world. It invites the participants to experiment with the existential and meaning-oriented manner of working with clients. These practical intervention strategies are based on research into meaning-centered therapies that show meaning-making as crucial in one's reauthoring of their depression story, towards a story of a meaningful and purposeful existence that is worth engaging with and living out. In the words of Viktor Frankl: “Suffering ceases to be suffering in some way the moment it finds a meaning”.

Learning objectives of this training:

1. Gain an understanding of the existential nature of the experience of depression
2. Explore own relationship to lived experience of depression and loss of meaning
3. Take away practical and creative ways to support clients to reauthor the story of their depressed self and reconnect with meaning and purpose
4. Increase confidence and capacity in working with clients with complex presentations of depression
5. Gain an understanding of evidence-based meaning-centered practice and its relevance to your work



Maya Floyd is a lecturer at the Australian College of Applied Psychology, a clinical supervisor for counsellors and psychologists, and a 4+2 accreditation principal supervisor. Maya has over 13 years' experience in psychology and counselling in non-government organisations and private practice, providing services to adolescents, adults, and families. Her unique blend of existentially oriented approach and background in psychology allows clients to experience counselling that is evidence-based and deeply personal to their concerns, supportive of their values, and begins with the client's experience and understanding of the problem. Maya holds a BA and Postgrad Dip in Psychology, a Cert IV in Training and Assessment, a Certificate and Specialisation in Existential Practice, and is currently completing a Master's in Counselling and Psychotherapy. Her principal interest is in embodied living and fidelity to one's experience and how this way of being and relating can transform one's existence.

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.

MELBOURNE: 4th September 2020
MANTRA ON RUSSELL

SYDNEY: 17th June 2020
UTS SHORT COURSE ROOMS

Our continuing professional development events meet the quality standard recognised by many 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 for this event.

A certificate of attendance for 7 hours of face-to-face training is issued in the week following attendance at this event.

Morning Session

includes a short morning tea break

Positioning the self in the seminar: the impact of spending the day with depression
 Existential perspective on depression: the quest for meaning
 Encountering depression in the other: embodied reflection

Afternoon Session

includes a short afternoon tea break

Shifting the narrative: creating a meaningful alternative to suicide
 Creative movements towards healing: experimenting with interventions
 Evaluation and closing.

“The workshop offers creative ways of supporting our clients to connect with a sense of possibility that life has more to offer, and that hope, meaning, and purpose can be recovered.”

Maya Floyd.

How will you benefit from attending this training?

- Gain a deeper understanding of the challenges of working with loss of meaning and purpose
- Take away new ways of engaging with depression in own life and practice
- Integrate the existential lens and experiential ways of working to existing practice

Registration details:

Registration fee: **\$298**

A current PDP ‘Student and New Graduate’ discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.
 We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

Register at www.PDPseminars.com.au or call us on 1300 887 622

This seminar has been designed to extend the clinical knowledge and applied skill of Psychologists, Counsellors, Psychotherapists, Coaches, Social Workers and Psychiatrists with little knowledge of Existential theory and practice.

Feedback from Maya’s recent presentations of this workshop:

“I got a lot out of today – from the content and also the interaction.”

“Excellent seminar. Theory and practice well integrated.” *“Thank you Maya – brilliant!”*

“Very enjoyable and a great refresher on the depth of theory available to us as clinicians.”

“This seminar has helped me both professionally and personally.”

“Maya’s knowledge of all things ‘Existential’ is amazing. This was a really valuable day for me!”

“Very helpful course. Thought provoking.”

“Has whetted my curiosity to explore more. Very enjoyable and illuminating. Thank you.”

“Great session today, engaging and useful presentation. Maya has a wealth of knowledge and experience.”

“Thank you for a very informative session. I have always enjoyed existentialism but never saw its relevance to social work until now. Very impressed.”

“Very informative day, a lot of food-for-thought. A lot of practical strategies to apply in clinical practice.”

“Very beneficial, enlightening and helpful for personal and professional aspects of life.”

“Thank you. A very well organised and informative workshop.”

“Maya has a lovely and respectful teaching style.”