

## New Hope for Therapy Resistant Depression:

### Video Course

Dr Janina Fisher

Video Course

CPD hours: 6 / CE credits: N/A

Price: £139



**Online video access remains available for 1 year from the date you receive the video course.**

The very nature of chronic depression often defeats our very best therapeutic efforts. How can clients recover when they have no hope or interest? When they are battling with depths of despair and feel drained of all energy? When they persistently feel low in spirit and fatigued? When they continually torture themselves with accusations of worthlessness or inadequacy?

It is not surprising that therapy-resistant depression often defies the efforts of skilled psychotherapists and counsellors, leaving clients defeated and discouraged or even more depressed. Moreover, even though diagnoses of depression correlate highly with a history of trauma, depressed clients rarely see the relationship between the two.

In this workshop, you will be introduced to a Trauma-Informed Approach that understands **depression as a relationship between a set of physiological symptoms and cognitive schemas that in combination keep the depression intractable and persistent**. In this intellectually stimulating and therapeutically oriented online webinar over two evenings, psychotherapists and counsellors will learn how to assess and make sense of chronic depression as a trauma-related response reinforced by negative beliefs. Dr Fisher will identify and describe **how to apply neurobiologically informed therapy techniques** that will help us to offer hope to the chronically depressed client.

Participants will be able to:

- Describe a neurobiological, trauma-informed conceptualization of depression
- **Identify three body-centered interventions that increase energy and focus in depressed clients**
- Experiment with **four interventions that transform depressive beliefs**
- Discuss the use of the social engagement system and its role in evoking an internal sense of safety

**Workshop outline:**

- Understanding depression as trauma-related
  - Depression as an adaptation to an unsafe world
  - Role of the autonomic nervous system
  - **Depression and parasympathetic hypoarousal**
- Depression-related cognitive symptoms
  - Effects of cognition on the body and nervous system
  - Interactive relationship between depressive thoughts and somatic responses
- Neurobiologically-informed interventions:
  - Engaging the mindful brain
  - **Somatic interventions for overcoming neurovegetative symptoms**
  - Interventions for challenging cognitive symptoms
- Working with the Social Engagement system
  - **Polyvagal Theory (Porges)**
  - Social engagement as a neural system
  - Using the social engagement system to increase feelings of safety

#### Learning Objectives:

- Describe a neurobiological, trauma-informed conceptualization of depression
- Identify and describe **how to apply neurobiologically informed therapy techniques** that will help us to offer hope to the chronically depressed client
- Apply **four interventions that transform depressive beliefs**
- Discuss the use of the social engagement system and its role in evoking an internal sense of safety

#### About the speaker

**Janina Fisher, Ph.D.** is a licensed clinical psychologist in private practice; Assistant Educational Director of the Sensorimotor Psychotherapy Institute; an EMDRIA Approved Consultant and Credit Provider; former president of the New England Society for the Treatment of Trauma and Dissociation; and a former instructor, Harvard Medical School. An international writer and lecturer on the treatment of trauma, she is the co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation* and *Transforming the Living Legacy of Trauma*. Dr Fisher lectures and teaches nationally and internationally on topics related to the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities. For more information, go to [www.janinafisher.com](http://www.janinafisher.com).

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