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Depression Recovery Program

2010 Conference

Restoring Emotional Wellness

Salt Palace Convention Center

100 South West Temple #355
Salt Lake City, Utah 84101

September 24 - 25, 2010

8:00 AM - 8:30 PM

17 CEU Credit for

LCSWs - *Granted by UT NASW*

17 CE Credits for

Nurses and Psychologists

Psychologists: Massachusetts Mental Health Center (a major teaching hospital of Harvard Medical School) is approved by the American Psychological Association to offer continuing education for psychologists. Massachusetts Mental Health Center maintains responsibility for the program and its content.

Nurses: Massachusetts Mental Health Center (a major teaching hospital of Harvard Medical School) is approved by the Arizona State Nurses Association to offer continuing education credits to participants. This workshop meets the criteria for 18 contact hours.

TUITION

\$79.00

Additional \$35.00 Credit Fee
for Nurses and Psychologists

LEARNING OBJECTIVES

Participants completing this Conference will be able to:

- Recognize 10 risk factors for Depression/Anxiety
- Understand the advantages of a Comprehensive Approach to Depression
- Apply the latest advances in Cognitive Behavioral Therapy
- Assess the latest issues relating to Circadian Rhythm/Sleep and Positive Psychology
- Review medication drugs for depression
- Recognize foods that change Neurotransmitters

CONFERENCE FACULTY

Carrie Wrigley, LCSW is a counselor, teacher, singer/songwriter and mother of five. She holds a BFA in Theatre and a Master's in Social Work from the University of Utah.

Dara Ghahremani, PHD is currently assistant research faculty in the Laboratory for Molecular Neuroimaging and Center for Addictive Behaviors in UCLA's Department of Psychiatry & Biobehavioral Sciences. He received his PHD in the Neuroscience area in the Psychology Department at Stanford University and was a postdoctoral fellow in Psychology at UCLA.

Dianne Nielsen, PHD earned a PhD in clinical psychology from Brigham Young University. She is a member of the American Psychological Association, the Utah Psychological Association, and the Association for Behavioral and Cognitive Therapies.

Lynn Johnson, PHD author of three books on Positive Psychology, Anger, and Sleep. Since 1993, Dr. Johnson has been a consultant to organizations on issues of strategic planning, organizational development, selection and retention, and other issues primarily to mental health organizations.

Terrence Olson, PHD earned his PhD in Interdivisional program of Marriage and Family Living from Florida State University. He is currently a Professor at Brigham Young University.

Dean Belnap, MD is a Fellow of the American Academy of Pediatrics, the American Psychiatric Association, the Society of Behavioral Pediatrics, the American Society of Adolescent Psychiatry, and the American Neuropsychiatry Association.

Ed Fila, DDS received his doctorate from the University of Washington, Seattle, Washington. He is the Producer of the Depression Recovery Conference.

Jacob Hess, PHD graduated as psychology department valedictorian from BYU in 2001. During his clinical/community psychology doctoral program at the University of Illinois, Urbana-Champaign, he co-facilitated the first college-level "liberal-conservative dialogue" course in the nation. He is a researcher at Utah Youth Village and has completed a wide-ranging literature review as the basis for a new ADHD recovery course and has published seven peer-reviewed articles.

Jerry Ross, MD received his medical degree from Dalhousie University in Nova Scotia, Canada. He became Board Certified in Family Medicine and in Environmental Medicine. He has authored or co-authored 29 scientific publications, including a chapter in a medical textbook. He is a past President and a Fellow of the *American Academy of Environmental Medicine*.

Karen Johnson, MED is the founder and primary seminar presenter for EveryDayGrief. She is currently the Area Chair, Lead Faculty of the Social Sciences Behavior Science Human Services Program at the University of Phoenix.

Lawrence Beall, PHD received his PhD in Clinical Psychology from Brigham Young University. He has been a clinical psychologist for 22 years and the Director of Trauma Awareness & Treatment Center for 14. He has directed the Satellite Trauma Clinic for the 4th Street Clinic Homeless Coalition.

Neil Nedley, MD (via DVD only) is a practicing physician in Internal Medicine with emphasis in Mental Health. He is the author of *Depression - the Way Out*. He is also the presenter of the *Depression Recovery Program* eight sessions DVD and author of the supporting workbook that is used extensively in mental health education programs throughout the United States.

Rachel Jones, MPH, RD earned her graduate degree at the University of California in Berkeley. Currently at the University of Utah, she is an Assistant Professor in the Division of Nutrition, considered an expert in her field, and was voted 2009 Teacher of the Year.

Regina Drueding, MD - board certified in internal medicine. *Depression the Way Out* textbook was reviewed by her for medical conditions that contribute to depression and anxiety. Initiated, developed, and coordinated comprehensive stress management program. She taught multiple lectures on stress management, healthy nutrition, and medical causes of depression.

Susan Pickett, PHD is an Associate Professor in the Department of Psychiatry at the University of Illinois in Chicago (UIC). She is also the Director of Research at the UIC National Research and Training Center on Psychiatric Disability. Dr. Pickett is a nationally-recognized expert on family education and support programs.

Reimar Banis, MD, ND doctor, researcher and author. Dr. Banis has been a naturopath since 1975 and an MD since 1985. He attended Heidelberg University in Germany for his MD. He is an internationally-recognized researcher and author.