

CBT Depression



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Cognitive-Behavioral Family Therapy of Adolescent Depression
(a Case Study)

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Depression is one of the most common psychological disorders and most psychotherapists have paid special attention to it. In recent years, different treatment methods have been used for depression disorders. According to research findings, family has an important role in creating, maintaining and treating depression syndrome; also, research findings have shown that cognitive-behavior therapy (CBT) is one of the effective methods for treating depression disorders. Therefore, family therapy based on cognitive-behavioral methods was suggested as an effective treatment method for depression.

Purpose: The main purpose of this study was to explore the effect of family therapy on treating depression disorders.

Method: The present research method was case study and the data were obtained by clinical interview and psychological tests. In this study, a severely depressed participant (17 years old) was treated using a CBT family therapy.

Results: The results demonstrated the effectiveness of these methods in treating depression.

Discussion: Consistency and inconsistency of the results was discussed at the end.

14:45	Mindfulness-Based Cognitive Therapy; Impact on Depressed Outpatients of State Hospital Ibadan, Oyo State, Nigeria <u>Afusat Olanike Busari</u> <i>University of Ibadan, Nigeria</i>	
14:00	"Sanamente Care" <u>Gianpaolo Lombardi</u> ^{1,2} , Gianpaolo Lombardi ^{1,2} ¹ <i>Institute of Family Therapy of Florence, Italy</i> ² <i>the Institute of Family Therapy of Pisa-Livorno, Italy</i>	
14:00-15:00	Stream D.7 Ethical & Philosophical Issues Chairperson: <u>Zelda Knight</u> , South Africa	Hall D
14:00	The Epigenetics and Neurochemical Etiology of Eating Disorders <u>Rebecca Cooper</u> <i>Rebecca's House Eating Disorder Treatment Programs, USA</i>	
14:15	Emerging Beauty Beyond the Freedom - Co-creating Rootedness with Gestalt Therapy Approach in Offenders <u>Michele Cannavo</u> ² , Jelena Zeleskov Djoric ¹ ¹ <i>Institute of Criminological and Sociological Research, Gestalt Studio Belgrade, Serbia</i> ² <i>Istituto di Gestalt HCC, Societa Italiana Psicoterapia della Gestalt, Italy</i>	
14:30	From Trauma to Happiness Cities Besieged by Trauma-Psychological approach, Biology and Psychotheology of the Treatment of Post-Traumatic Stress caused by Kidnapping, Rape, Organized Crime <u>Victor O'Valle</u> <i>CENTI, Mexico</i>	
14:45	Ethics in Psychotherapy - What Do I Now? <u>Monika Korber</u> , Angelantonio Ferrandina <i>Psychotherapy, Austria</i>	
15:15 - 16:00	Tea/ Coffee Break	Congress Foyer
16:00-17:15	Stream A8: Training, Supervision and Education Chairperson: <u>Claude-Helene Mayer</u> , South Africa	Hall A
16:00	WCP's Disaster Trauma Training Certification Program (DTTCP) Guidelines <u>Kelly Ray</u> , Dr. Darlyne Nemeth <i>Independent Practice, USA</i>	
16:15	The Importance of Preparedness and Emotional Recovery for Environmental Trauma <u>Darlyne Nemeth</u> ² , Judy Kuriansky ³ , Chelsie Songy ² ² <i>The Neuropsychology Center of Louisiana, LLC, USA</i> ³ <i>Columbia University, USA</i>	
16:00-17:00	Stream B.8: Spirituality and Psychotherapy Chairperson: <u>Catherine Geils</u> , South Africa	Hall B
16:00	Bridging Life and Death! - Lifeforce in Naturebased Rehabilitation <u>Ann Madsen</u> <i>Gateway Scandinavia, Sweden</i>	
16:15	Teaching Psychoanalysis in the University <u>David Henderson</u> ^{1,2} , Anne Worthington ² ¹ <i>Middlesex University, UK</i> ² <i>Middlesex University, UK</i>	