

Working with Depression a Humanistic-Integrative Approach

facilitated by **Peter Lewis** MBACP (Accred), UKCP Reg.

*"Depression is rage spread thin."*¹

This two-day workshop explores approaches to working with depression in counselling. It also looks at the experience of anxiety in relation to depression.

The National Institute of Clinical Excellence (NICE) recommends counselling as a treatment for mild to moderate depression. Yet many counsellors are dubious about medical model approaches to therapy that regard depression as an 'illness' to be 'treated'. On the one hand, depression can be regarded as a mood disorder characterised by debilitating psychological and physiological symptoms. On the other hand, we might think of depression as a meaningful, potentially growth-enhancing experience, painful though it may be. Holding these contrasting viewpoints in mind, participants will consider Humanistic, Psychodynamic and Cognitive Behavioural perspectives on depression. In addition, the workshop will draw on participants' own experience and personal reflections with the aim of arriving at some unique conclusions.

The workshop includes:

- experiential work
- theoretical input
- live supervision
- an introduction to the NICE-approved therapy *Counselling for Depression* (CfD), also known as Person Centred/Experiential Therapy
- a video presentation of a therapist working with a depressed client.

Where possible, participants should be prepared to present their work with clients for discussion in the group. Please bring something to write in, such as a personal journal.

Peter Lewis MA, DipPsychotherapy, DipSupervision, MBACP (Accred), UKCP Reg.

Peter is an integrative psychotherapist, counsellor, supervisor and trainer. He taught previously on accredited counselling courses in London and Northern Ireland, and now works in Bath, where he holds the position of Course Director for Counselling at Bath Centre for Psychotherapy and Counselling (BCPC), in addition to maintaining a private practice in Bristol.

Peter also has several years' experience of work in an NHS Psychological Therapies Service, where he developed his own integration of brief psychodynamic therapy and humanistic counselling for clients presenting with depression.

¹ attributed to George Santayana (1863-1952, Spanish-American philosopher, essayist, and novelist)