



Depression and low mood in adolescence – a Parents' Guide

Thu 6th Jul. 2017 | 19.30-21.15 £18pp
The Chapel, St George's School, Harpenden, AL5 4TD
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Adolescent depression is common and can have profound effects on young people and on their families. Effective psychological treatments are available. However, because it can be hard to know the difference between depression and normal 'low mood' many young people who are depressed are never identified and this makes it impossible to receive effective treatment. In this talk Prof Reynolds will describe how depression develops in adolescents and why adolescents seem to be at particularly high risk. She will also show how depression differs from 'normal' low mood and sadness, and discuss why depression tends to keep going and to come back from time to time. Using examples from the depression research clinic at Reading University, Prof. Reynolds will also show how research-based psychological interventions are used to treat depression in adolescents and will consider what parents and others can do to support young people with depression.

Who is this event for?

This talk is primarily for parents of children in secondary school, but will be of interest to all those who work with children.

What parents will gain from the event:

- Identify depression and know how it is different from 'normal' low mood in adolescents
- Understand how certain behaviours and thoughts tend to keep depression going
- Know about the types of effective psychological treatment that are available
- Be able to help your son or daughter get appropriate help and support
- Provide support and practical help to your son or daughter

About our speaker

Professor Shirley Reynolds is Director of the Charlie Waller Institute and Professor of Evidence Based Psychological Therapies at the University of Reading. Shirley is a clinical psychologist and her research interests focus around understanding and treating depression and anxiety disorders in children and adolescents. She is Co-Director of the University of Reading Anxiety and Depression in Youth (ANDY) Research Clinic. Shirley is involved in a number of high profile national programmes including the MindEd e-learning programme (www.minded.org.uk) and the Child and Young People Increasing Access to Psychological Therapies (CYP IAPT) programme (www.cypiapt.org.uk). She is committed to developing, improving, and disseminating evidence based psychological treatments.