

An AACBT International Workshop

# *Evidence-based Treatment for Late Life Depression*



Our population is aging and working with late life depression is becoming increasingly clinically important. If you work with adults, come and learn, with exclusive access to a presenter experienced in this area.

## **GUEST SPEAKER Professor Patricia Areán**

In this workshop, Professor Areán will discuss and demonstrate evidence-based psychosocial treatments for late life depression.

The workshop will review the literature and the challenges associated with implementing evidence-based practices with the elderly. Professor Areán will then discuss recommendations from an Institute of Medicine report on psychosocial interventions and describe a process for training clinicians and choosing appropriate treatments. These recommendations are informed by cognitive neuroscience research as well as work in child mental health settings. Thus, clinicians will walk away with knowledge applicable to the whole lifespan.

The workshop will provide attendees with ample opportunity for video-tape demonstration, role rehearsal, and case discussion.

Patricia is a Professor in the University of Washington, Department of Psychiatry and Behavioral Sciences, and a licensed clinical psychologist.

There are only six opportunities to attend this workshop in Australia:

- Melbourne - Monday 16 October 2017
- Hobart - Wednesday 18 October 2017
- Adelaide - Friday 20 October 2017
- Perth - Monday 23 October 2017
- Brisbane - Wednesday 25 October 2017
- Sydney @ 38th AACBT National Conference - Saturday 28 Oct 17

### • **Tickets**

- AACBT Members \$295 / AACBT Student Members \$110
- Non-Members \$455

**Professor Patricia Areán's** research focuses on the recognition and treatment of mental disorders in older adults and minority populations.

Patricia has published several articles on the recognition and treatment of late life depression and anxiety, as well as methods for recruiting and retaining older, minority elderly into longitudinal research.

She is currently Director of the Personalized Treatment Development Program at University of Washington.



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