

ASPCo Perfectionnement 2010-2011

## Atelier clinique en anglais

### **The treatment and prevention of depression in children and young people**

**Prof Paul Stallard (Bath, UK)**

samedi 21 mai 2011, 9h30 - 17h30

Salle Les Champs, Belle-Idée, HUG  
2, ch. du Petit-Bel-Air - 1225 Chêne-Bourg

#### Coût de l'atelier

- Sfr. 150.- membres ASPCo
- Sfr. 250.- psychologues ou psychiatres formés ou en formation non membres ASPCo

#### **Biographie express**

He is Prof of Child and Family Mental Health at the University of Bath and member of the specialist child and adolescent mental health team in Bath. He is the author of several books and particularly of the much acclaimed "Think Good Feel Good: A cognitive behaviour therapy workbook for children and young people" and of the recent practitioners guide "Anxiety: CBT for the treatment of children and young people". He has led the implementation of a school based anxiety prevention CBT programme, FRIENDS, across 30 different schools in Bath. As researcher he is now interested in adolescent depression.

#### **Délai d'inscription et de paiement**

13 mai 2011. Les inscriptions sur place restent possibles mais sont majorées de Sfr. 10.-. En cas de désistement une semaine avant l'atelier, 20% de frais seront retenus. Après ce délai, aucun remboursement ne sera effectué.

Secrétariat: [aspcosecretariat@bluewin.ch](mailto:aspcosecretariat@bluewin.ch)

### **Workshop description**

Depression and low mood in children and young people are unfortunately common with severe episodes effecting up to one in five young people by the age of 18. Low mood and depression significantly impair everyday functioning, impact on developmental trajectories, interfere with educational attainment and increase the risk of attempted and completed suicide as well as major depressive disorder in adulthood. The rationale and evidence base for the use of CBT for the treatment and prevention of depression in children and young people will be outlined. Key components of CBT treatment programmes will be identified and a school based CBT depression prevention intervention, the Resourceful Adolescent Programme (RAP), will be described. This programme is currently being evaluated in the UK through a large national randomised controlled trial (PROMISE) involving over 5,000 students. RAP is designed to be delivered to whole classes of young people aged 12-16 by trained and supervised Psychology Assistants. The 9 session programme is based upon Cognitive Behaviour Therapy and Interpersonal Therapy and teaches skills relating to self-esteem enhancement; emotional regulation; cognitive restructuring; problem solving; using support networks and conflict resolution. The workshop will provide a detailed overview of the programme.

### **References**

- Caelear L. & Christensen H. (2010). Systematic Review of school-based prevention and early intervention programs for depression. *Journal of Adolescence*, 33, 429-438.
- Shochet, I.M., Dadds, M.R., Holland, D., Whitefield, K., Harnett, P.H., & Osgarby, S.M. (2001). The efficacy of a universal school-based program to prevent adolescent depression. *Journal of Clinical Child Psychology*, 30, 303-15.