



This is Dr Pieter
Rossouw's only talk in
New Zealand on this topic
and it's right here in
Dunedin – don't miss this!

Neuropsychotherapy for Depression **Applied Strategies for the Treatment of Depression**

**A full-day workshop with Dr Pieter J. Rossouw (University of
Queensland, Australia)**



Pieter Rossouw (MClin Psych; PhD; MAPS; CCLIN) is the Director of the Master of Counselling Program at the University of Queensland, with a research and teaching focus on neuropsychotherapy. Pieter is also the Director of Mediros – a company that provides training in neurobiology and neuropsychotherapy. Pieter has been in private practice for the past 25 years and specialises in neuropsychotherapy for anxiety and mood disorders, and he provides Mental Health training for General Practitioners.

Previous attendees at Pieter's workshops have said: "extremely interesting, informative and one of the best workshops I have attended", "A brilliant workshop from start to finish", and "It made neuroscience accessible and understandable to me you can't afford NOT to attend".

In this full-day skills workshop, Pieter will cover:

- **Recent advances in understanding the role of key theories of depression**
- **Advances in neural function and depression**
- **Neuropsychotherapeutic strategies to treat depression**
 - Explanation of brain functioning to a client suffering with depression
 - Demonstration, group discussions and role play
 - Attachment-related, control-related, & motivation-related strategies to manage depression
 - Treatment strategies to up regulate cortical blood flow, enhance left prefrontal cortical activity – the role of motivation, visualisation, targeted homework, symptom management and emotional regulation from a neuro perspective

Ideal for clinicians, doctors, nurses, psychologists, counsellors, psychiatrists, psychotherapists, and students in any of these fields.

9am – 5pm, Thursday, February 20th 2014

Venue: Psychology Associates Development Centre, First Floor, 49 Water Street, Dunedin

\$295.00 if registered by 20th December and \$345.00 if registered after 20th December 2013.

\$245.00 for students with proof of course enrolment. All prices include GST.

Includes handouts, refreshments and attendance certificate

Registration: See second attachment or register online at www.psychologyassociates.co.nz