

## About PsychologySalon

PsychologySalon is designed to provide timely, interesting, and research-informed presentations on topics that touch the lives of a broad spectrum of people. We aim to create a forum for discussions about psychological topics outside the clinical setting.

## About Changeways Clinic

Changeways Clinic is an evidence-based psychology service providing one-to-one therapy for individuals coping with depression, anxiety, major life change, chronic health problems, and related concerns. We also provide coaching for people to enhance their lives, achieve their goals, and improve their life satisfaction.

Changeways Clinic has provided educational workshops and training for healthcare professionals for over 16 years. Programs based on our therapy resources are in place on five continents.

To learn more about Changeways Clinic or PsychologySalon, visit us at [www.changeways.com](http://www.changeways.com).

## About the Presenter

### Dr Randy Paterson



Dr Paterson is a registered psychologist (BC 01105) and the director of Changeways Clinic. He has presented professional training seminars to clinicians across Canada and internationally. He is the author of *Your Depression Map*, *The Assertiveness Workbook*, and numerous guides to therapy for clinicians. He was a

consultant for British Columbia's Depression Strategy, and coauthored the Self-Care Depression Program. Dr Paterson was the 2008 recipient of the Canadian Psychological Association's Distinguished Practitioner Award.

## To Register

Reserve spaces in advance by:

1. Registering at [www.changeways.com](http://www.changeways.com).
2. Emailing [workshops@changeways.com](mailto:workshops@changeways.com).
3. Calling us at 604 871 0490.
4. Faxing the form below to 604 871 0495.
5. Mailing the form to Changeways Clinic, Suite 509, 2525 Willow St, Vancouver BC V5Z 3N8.

All talks are \$15 (incl GST). We accept Visa and MasterCard by phone, mail, or online. Sales at the door are cash-only.

**Location:** All programs are held at UBC Robson Square, 800 Robson Street (between Hornby and Howe). Look for the UBC logo at street level, then consult directions to the room at the below-street entrance to the UBC facilities.

## Registration Form

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Indicate number of tickets (\$15 each, incl GST; or 4 or more tickets on the same order for \$12 each):

\_\_\_\_\_ March 23: Out of the Blue

\_\_\_\_\_ April 27: Slippage

\_\_\_\_\_ May 25: Achieving Your Vision

\_\_\_\_\_ June 22: Failed Nations?

Paying by: \_\_\_ Cheque \_\_\_ Visa \_\_\_ MasterCard

Card No.: \_\_\_\_\_

Expiry: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Tickets will be held at the door under your name – or send us your address and we will mail them out.



# PsychologySalon

*Talk about living.*

## Spring 2010

### 4th Tuesday of the Month

### 7 to 9 pm

#### Tuesday March 23

#### Out of the Blue

The Nature and Treatment of Depression

#### Tuesday April 27

#### Slippage

Perception and reality

#### Tuesday May 25

#### Achieving Your Vision

Goal Setting in Real Life

#### Tuesday June 22

#### Failed Nations?

Misery in Wealthy Societies

#### UBC Robson Square

800 Robson Street, Vancouver BC

For more information, visit

[www.changeways.com](http://www.changeways.com)

**Tuesday March 23 2010**

## **Out of the Blue:**

The Nature and Treatment of Depression

Think you don't know anyone with depression? You are almost certainly wrong.

Forget H1N1; clinical depression is the real epidemic in Canadian society. Within 5 years it will be the leading cause of long-term disability claims (one indication suggests that it already is). A recent study indicates that 20% of BC women have been prescribed antidepressants.

But what is depression, exactly? Is it overdiagnosed? How is it treated, and are these treatments effective?

At this talk you'll learn about:

- The signs and symptoms of depression.
- How clinicians distinguish true depression from the everyday blues.
- Overdiagnosis and overtreatment.
- Risk factors for depression.
- The controversy about "biochemical imbalances."
- Problems with a medication-only approach.
- Evidence-based nonpharmacological strategies.
- Self-directed coping strategies, including free resources available from the web.

We'll try to cut through the myths about depression and see the reality.

Like all PsychologySalon talks, this presentation is for everyone: those with depression, those treating it, policy makers, business leaders, and the general public.

**Tuesday April 27 2010**

## **Slippage:**

The Gap between Perception and Reality

Has anyone ever told you that you don't live in the real world? They were right: you don't. Neither do they.

We instinctively feel that our emotions and actions are based on the events around us, but our reactions are based on what we *think* is going on, not what is really happening.

This entertaining – and practical – presentation shows how our automatic thoughts (often outside awareness) help us out and trip us up – in very specific ways.

**Tuesday May 25 2010**

## **Achieving Your Vision:**

Goal Setting in Real Life

What do you want, really? What would you be doing if you took your life seriously?

Life is like a sailing trip. You want to enjoy the ride, but every now and then you have to look at the map and put your hand on the tiller.

How do you do it? We all set goals, but often we don't reach them. Or we feel overwhelmed by the amount of effort it will take to achieve them.

Fortunately, psychology has discovered principles that help. This PsychologySalon evening covers the strategy, the concepts, and the traps along the way.

Bring paper! We'll invite you to consider your own life goals and discuss how to work toward them.

**Tuesday June 22 2010**

## **Failed Nations?**

Misery in Wealthy Societies

Industrialized and post-industrial cultures consume more of the Earth's resources than ever, but the rate of depression and life dissatisfaction only seems to be increasing.

If we consider resource use as an investment and life satisfaction as the return, or pay-back, then we have to face the possibility that by at least this measure our culture has failed.

How did this happen? How can we be wealthier than the kings of old, and still feel so miserable?

This talk identifies specific causes of dissatisfaction, depression, and distress in our culture, and provides 15 ways that individuals can work against these influences in their own lives. Along the way, we'll consider:

- The decline of face-to-face social networks.
- How we made exercise inconvenient.
- The media as negative mental filter.
- Expectation, gratitude, and mood.
- The denial of the reality of illness, suffering, and death.
- How rejecting unpleasant emotions can make them more intense.
- The fact that no, we can't (and maybe shouldn't) have it all.

Though we take a broad societal view in this evening's talk, the intent is to provide clear and practical ideas at the level of the individual.

