



NEWS RELEASE

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WOLLONGONG WORKSHOP TO HELP PSYCHOLOGISTS WITH DEPRESSION PATIENTS

The Black Dog Institute is inviting Psychologists in the Wollongong region to a professional development workshop to better identify and manage depression and Bipolar Disorders amongst people in rural New South Wales.

The Institute is conducting a series of one-day workshops in country centres and will be in Wollongong on 23 November at the Illawarra Leagues Club, Church Street, Wollongong..

The Institute is regarded as a leader in this field of Mood Disorders. The program offered by the Institute is based on 20 years of clinical and research experience at the Mood Disorders Unit which was superseded by the Black Dog Institute in 2002.

Psychologists in the Wollongong region can now enroll in the workshop which will look at both *The Diagnosis of Mood Disorders* and *The Impact of Stress and Personality Styles in Non-melancholic Depression*.

They can register for the workshop by logging onto the Institute's website at www.blackdoginstitute.org.au

According to Associate Professor Vijaya Manicavasagar, the Institute's Director of Psychological Services, the aim of the workshops is to present new information new information based on current advances in the diagnosis of mood disorders and explore ways of managing depressive episodes and preventing relapse.

"The workshops are designed to give psychologists a better appreciation of the complexities of the depression subtypes and a clear understanding of treatment approaches," the Professor explained.

It is also an opportunity for psychologists to further develop their clinical skills in recognising and managing the different clinical presentations of non-melancholic depression which, in turn, are based on qualitative aspects of life event stressors, temperament and personality factors.

The BDI courses are accredited by the Australian Psychological Society.

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