

Diagnosis and Treatment of Depression Using Behavioral Activation



• Diane Bigler, LCSW, LSCSW, owner of Diane Bigler Therapy Services, Inc

• Many tips, tools, and resources that will empower clinicians to implement Behavioral Activation strategies

Friday, July 19, 2024 | 9:00 AM – 4:00 PM ET

Live Stream Series (Online Synchronous Training)

\$94.99 Early Bird Registration

After July 5th registration is \$119.99



Please scan QR Code or
register online at

www.ceucreationsinc.com

6 CREDIT HOURS APPROVED FOR:

- **Social Workers**
ASWB ACE – 6 CE Credits
New York State Education Department's State Board for Social Work – 6 Contact Hours
- **Case Managers**
CCMC – 6 Contact Hours
- **Nurses**
California Board of Registered Nursing – 6 Contact Hours
- **Counselors**
NBCC ACEP – 6 Contact Hours
NY State Education Department's State Board for Mental Health Practitioners – 6 Contact Hours

Attendance or applied credit certificate available for other credentials.
Please make sure to check with your own state board to ensure transferability of CE credit.

PRESENTED BY:

Diane Bigler, LCSW, LSCSW



Diane Bigler, LCSW, LSCSW

Owner of Diane Bigler
Therapy Services, Inc.

Diane Bigler is a Licensed Clinical Social Worker in Missouri and Kansas. She has over 20 years of experience in the social services field. Diane has held positions as a therapist (in-home and outpatient), private practice owner, trainer/facilitator, clinical supervisor, and Professor of Social Work. She also has experience in corporate wellness training and coaching. Diane is most passionate about providing quality educational training to professionals. She enjoys spoiling her four Dachshunds and anything 80's related.

Thank you for the generous support of our sponsors!



*Additional information for each sponsor can be found in the
2024 CEU Creations Georgia Supporter Directory that will be provided to each registrant.*

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Patty Tucker at patty@ceucreationsinc.com or 770-880-9873.

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AGENDA

8:45 AM ET – 9:00 AM ET:	Log In and Virtual Networking
9:00 AM ET– 12:00 PM ET:	Diagnosis and Treatment of Depression Using Behavioral Activation Diane Bigler, LCSW, LSCSW , Owner of Diane Bigler Therapy Services, Inc. (includes 10 minute break)
12:00 PM ET – 12:40 PM ET:	Lunch Break and Sponsor Spotlight
12:40 PM ET – 4:00 PM ET:	Diagnosis and Treatment of Depression Using Behavioral Activation Diane Bigler, LCSW, LSCSW (includes 10 minute break)
4:00 PM ET:	Closing/Evaluations

Psychologists have found that there is a close relationship between our activity and our mood. People who are depressed tend to do less overall, and so they have fewer opportunities to feel pleasure, mastery, and connection. This workshop will present an overview of the DSM-5 diagnostic criteria for Major Depressive Disorder and discuss relevant assessment tools. Participants will be introduced to the tenets of behavioral activation as one of the most evidenced-based approaches for depression. Behavioral activation strategies such as activity scheduling, ACE, pacing yourself, and credits lists will be explored. Case studies and video demonstrations will highlight these core strategies. Participants will be empowered to employ behavioral activation strategies with their clients in a systematic and effective manner.

BY THE END OF THE SESSION, THE PARTICIPANT WILL BE ABLE TO:

1. Identify and classify the DSM-5 diagnostic criteria for Major Depressive Disorder.
2. Demonstrate ability to engage in differential diagnosis of depressive disorders.
3. Explain the philosophical tenets of behavioral activation and its primary goals.
4. Describe a clinical rationale for behavioral activation as a preferred treatment approach for depression.
5. Name at least five behavioral activation interventions and strategies.
6. Apply behavioral activation strategies with clients to treat depression.

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is not required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.

Target audience: Social workers, case managers, discharge planners, nurses, counselors, and other healthcare professionals.

SOCIAL WORKERS: CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: [11/22/21-11/22/24]. Social workers completing this course receive 6 Clinical continuing education credits. .

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 6 contact hours.

NURSES: 6 Contact Hours - CEU Creations is an approved provider of nursing CE's through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: 6 Contact Hours



CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 6 contact hours.

Cancellation Policy: Registrants must cancel via email or phone at patty@ceucreationsinc.com or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25 - Refunds will not be given for cancellations within five (5) business days prior to the workshop date.