

# Practical Help<sup>SM</sup>

## FOR PARENTS



*Support for Parents of Teens/Pre-Teens, Educators & Mental Health Professionals*

Program Description

## Learned Optimism: Is it Possible to “Depression-Proof” Your Child?

Over the last 30 years psychologist and researcher Martin Seligman and colleagues have studied how the way children and adolescents think about themselves, others and their interpersonal world effects proneness to depression. Researchers at the University of Pennsylvania and elsewhere have shown that the way kids explain to themselves the meaning of events in their world deeply influences whether they do well in school, develop positive self-esteem or go on to develop mood and anxiety disorders.

The project to understand whether depression could be prevented through helping kids understand and change their beliefs about themselves has come a long way. We’ve learned that children and adolescents are more prone to depression if they hold a “pessimistic explanatory style,” and that this explanatory style can be changed. **In this workshop you’ll learn how to understand your own and your child’s explanatory style, recognize the link between depression and this explanatory style, and help your child fulfill his/her potential as a student.**

### Program Outline (for 1-2 hour programs)

1. What are Optimism and Pessimism: Beyond Mantras about “Feeling Good”
2. What is “Learned Optimism?:” The Work of Martin Seligman
3. Signs of Depression in Children and Adolescents
4. Understanding the Cognitive-Interpersonal Model
5. Learning the “ABCs:” Adversity, Beliefs and Consequences
6. Explanatory Styles and Proneness to Depression
7. Discussion and Examples

### Options and Fees\*

All workshops prices include bibliographies, copies of presentation and ancillary materials such as research articles and more in-depth treatment of material presented. Minimum prices are listed; prices may vary depending upon participant numbers.

*1-Hour Presentation or Keynote: \$400*

*2-Hour Workshop or Staff Training: \$750*

*Half-day Workshop or Staff Training (3.5 Contact Hours): \$1250*

*Full-day Workshop (6.5 Contact Hours): \$2250*

*\*A 15% discount is available for non-profit organizations*

*Michael is approved by the Board of Behavioral Sciences as a Continuing Education Provider (PCE #3451) for Marriage & Family Therapists in the State of California.*

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