



# UNDERSTANDING DEPRESSION THROUGH AN ATTACHMENT LENS

Through this seminar you will gain a greater understanding of depression: how depression occurs in the brain and how stress, trauma and insecure attachment contribute to depression. Attention will be given to particular attachment classifications and their relationship to the development of depression.

From a viewpoint of both neurophysiology and attachment, treatment approaches will be presented. A range of treatments will be explored with emphasis on which treatment is most applicable for each attachment strategy.

Along with treatment approaches used in therapy, we will discuss how to adapt treatment models for a variety of settings: the classroom, the work setting, the home, the therapy office, etc.



**Jean MacKinnon**  
MA, BA, BSL, CCPA

**APRIL 30, 2019**  
**9:00AM TO 4:00PM**

**EARLYBIRD \$175**  
(Until Mar 30)

**REGULAR \$225**  
Includes Lunch

**228 HAMEL – AULNEAU  
RENEWAL CENTRE**

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