To believe in sunshine: Short course in a narrative approach to journeying with Depression

Purpose
This course is for everyone who has ever struggled with depression, have family or a friend who is living with depression or who are in a helping profession where they work with clients living with depression. The experience of having depression in your life will be explored, different disciplines will give input to broaden our understanding and we conclude with a practice format for journeying with depression.

Content
**Exploring depression**
- Sharing stories of experiences with depression
- The different faces of depression
- Exploring ways of coping with depression

**Understanding depression**
- Medical and psychiatric perspectives on depression
- Psychological and social perspectives on depression
- Depression in the family

**Journeying with depression**
- Narrative practices and depression
- Externalizing depression
- Food for the journey
- Skills for the journey
- To believe in sunshine: No matter what!

Date: 20-22 June 2011

Venue: HospiVision Training Centre in Tshwane District Hospital or decentralized on request.

Cost: R630

Course leader: Dr André de la Porte

Registration: For more information and registration contact the HospiVision Head Office at 012 329 9492

Register online at [www.hospivision.org.za](http://www.hospivision.org.za) and click on “Training programmes/Enrol for a course” or follow this link: [http://www.hospivision.org.za/cgi-bin/giga.cgi?cmd=cause_dir_membership&id=419&cause_id=1245](http://www.hospivision.org.za/cgi-bin/giga.cgi?cmd=cause_dir_membership&id=419&cause_id=1245)

Accreditation: 12 Credits on NQF level 5

All courses are presented in association with the Centre for Community Training and Development at UNISA.