



# DEPRESSION: THERAPY AND THE BRAIN

**Friday, February 21, 2025**  
**9 A.M. - 11 A.M. (CST)**

## Speaker

Linda Dowden, NCC, LIMHP, LPC, LADC

## Registration Link

Click or scan the QR code to register.

Last day to register or request a refund is Monday, February 03.



## Registration Fee

Standard fee: \$20. Free for students.

Registration is not complete until payment is received. Written refund requests are accepted before Monday, February 03, 2025.

## Target Audience

Mental health professionals.

## Training Level

Intermediate.

## Continuing Education Credit

This program includes 2 CE/CEUs. Participants are required to complete and sign a digital survey to collect their CE/CEU certificate via email.

## Training Location

This is live training delivered via Zoom.

## Contact Information

Questions or concerns should be directed to [gatsa@unomaha.edu](mailto:gatsa@unomaha.edu) or 402.554.6342.

## Description

This training will take a closer look at depression including symptomology, the connection between the brain and depression, evidence based assessments, and treatment techniques.

## Learning Objectives

- Identify the connection between the brain and depression
- Differentiate between sadness and depression
- Develop strategies for finding calm in chaos
- Understand the myths and facts about depression
- Examine evidence based assessments for depression
- Outline types of depression and how to recognize them
- Outline and evaluate treatment techniques

## Accreditation Statement

Grace Abbott Training and Supervision Academy (GATSA), provider #2006, is approved as an Approved Continuing Education (ACE) provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. ACE provider approval period: August 12, 2024 - August 12, 2025. Even when a social work board accepts courses offering ASWB ACE credit, licensees are responsible for determining whether courses meet the CE requirements in their jurisdictions. States and provincial regulatory boards have the final authority to determine whether any individual course may be accepted for credit.

## Joint Provider Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of Nebraska Board of Mental Health Practice and Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. This program meets the criteria of an approved continuing education program for social work, licensed mental health providers, and mental health practice.

## Disclaimer

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