

# **When Silence is Loud: Depression and Adults**

## **Program Description**

This informative and interactive workshop will provide participants with the necessary information and interventions to learn about and utilize adequate self-care and general care for adults experiencing depression.

Through case examples, participants will increase an awareness of the effects of depression in adults, so as to recognize the symptoms and provide interventions to reduce and manage depression symptoms.

## **Learning Objectives:**

Upon completion of this workshop, participants should be able to:

1. Explain the effects of depression in adults.
2. List the various symptoms displayed by individuals experiencing depression.
3. Outline interventions to minimize and manage depressive symptoms.

## **Target Audience**

This workshop will benefit individuals, mental health practitioners, educators, human service professionals, church leaders, community advocates, and others interested in this topic.

## **Contact Hours**

2.0 - 4.0 contact hours

## **Program Agenda**

- Welcome, Agenda, Ice Breaker
- Depression Defined
- Types, Signs and Symptoms
- Strategies/Interventions (Case Samples)
- Interactive Role-Play/Exercises
- Adjourn

## **Faculty**

**Audrina Jones Bunton, LCMHCS, PhD**, earned her Doctorate degree in Clinical Pastoral Counseling at Colorado Theological Seminary. She earned her Master's degree in Biblical Counseling from Master's Graduate School of Divinity and a second Master's degree in Professional Counseling from Liberty University. Audrina is currently the CEO of her private practice, Audrina Jones Bunton, PLLC, specializing in Psychotherapy & Christian Counseling. Counseling is "heart-work" for Audrina, and as a gifted, compassionate Licensed Clinical Mental Health Counselor, she has been effectively counseling since her youth, and formal education and training has provided her with over 29 years of combined experience in Christian, mental health, youth, and crisis counseling. In addition, Audrina serves as the Youth Director and Christian Counselor at the Come As You Are Evangelistic Center in Aberdeen, NC, where her mother, Lydia Jones is the pastor. Audrina is also a Certified Strategic Intervention Life Coach, and a five-time best Speaker with Toastmasters International with over 30 years of combined experience speaking and Retreat Facilitation. She has served individuals from diverse areas, including in the home, school, community, and private practice setting, and has worked with a diversity of individuals experiencing a wide range of issues, including depression, anxiety, and traumatic life events. Professional affiliations include UNC-Chapel Hill, the American Association of Christian Counselors; International Association of Biblical Counselors

Certification; National Christian Counselors Association, and Toastmasters International.

Audrina was born the seventh of eight children and has 2 children, 4 grandchildren, and over 100 nieces and nephews, it is not unusual to find her under the same roof with her five-generational family on weekends and holidays.