

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, MA, LCMHCS, is a gifted, compassionate, empathetic Licensed Mental Health Counselor and Christian Counselor. She has been effectively counseling since her youth and is currently the CEO of a private practice, *Audrina Jones Bunton, PLLC*. Counseling is “heart-work” for Audrina, and formal education and training has provided her with over 27 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 28 years combined experience as a speaker and Retreat Facilitator. 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.