**Webinar Februar – May 2017, 5 sessions with 3 hours each.**

**Depression:**

* An existential understanding of depression, with phenomenology, physiological and neurobiological background
* Melancholia, grief, burnout in comparison
* Different forms of depression
* Basic treatment – the depression confrontation method
* The experience of depression – self experiential approach
* Development of depression and behavior/attitudes which keep it going on
* Depressive dealing with oneself, with guilt and cognitive styles
* Prophylaxis
* Therapy of depression – special therapy of the severe (“endogenious”) depression

**Objectives:**

1. Psychological and psychiatric basic knowledge of depression
2. Personal and existential understanding of depression; Psychopathology: what is the specific suffering?
3. Knowledge of the specific internal depressive dynamics
4. To get self-experiential access to one’s own depressive layers
5. Prophylactic interventions
6. Specific therapy
7. Therapeutic procedure in the most severe cases of depression