

# Association of Family Therapists of Northern California

## 45<sup>th</sup> Annual Conference

Saturday, November 1<sup>st</sup> & Sunday, November 2<sup>nd</sup>, 2008  
at the Westerbeke Ranch Conference Center in Sonoma, CA

### **Interpersonal Problems, Interpersonal Solutions: Understanding and Treating Women's Depression** with Valerie E. Whiffen, Ph.D.

A woman's depression is linked to the quality of her close relationships with her family of origin, her romantic partner and her children. Problems in these interpersonal domains both contribute to the experience of depression and are affected by a woman's emotional distress, thus creating a negative feedback loop that can be extremely difficult for therapists to change. This workshop will begin with a description of what current empirical research shows us regarding the interpersonal world of depressed women. Based on this understanding, the treatment of depressed women will then be discussed using two empirically validated treatments: Interpersonal Therapy (IPT) for individual women and Emotion-Focused Therapy (EFT) for depressed women and their romantic partners. Throughout the workshop, client experiences will be used to illustrate the material and to show how change occurs.

#### ABOUT THE PRESENTER

Valerie E. Whiffen, Ph.D., has been a researcher, professor and clinical psychologist in private practice since 1986. For twenty years, she was a professor of psychology at the University of Ottawa, where she taught students to do Interpersonal Therapy with depressed women and Emotion-Focused Therapy with couples who are struggling with a partner's depression. She now lives near Vancouver, BC, where she is in private practice and a member of the Board of Directors for the College of Psychologists. Her primary research and clinical interests are gender and depression. She serves as a peer reviewer for several professional psychology journals, and holds a research grant looking at the impact of breast cancer on marital relations. She has authored numerous chapters in professional books and more than forty research articles. She is the author of *A Secret Sadness: The hidden relationship patterns that make women depressed* and co-author of *Attachment Processes in Couple and Family Therapy* with Susan Johnson.

#### WORKSHOP LOCATION

Westerbeke Ranch Conference Center  
2300 Grove St. Sonoma, CA 95476  
(approximate drive time from Bay Area — 1 hour)

Ph. (707) 996-7546  
Fax (707) 996-7081  
[www.westranch.com](http://www.westranch.com)

#### PROGRAM

##### Saturday, November 1, 2008

8:30 am to 9:30 am..... Registration  
9:30 am to 12:30 pm..... Session A  
12:30 pm to 2:30 pm..... Lunch<sup>†</sup>  
2:30 pm to 4:30 pm..... Session B  
6:00 pm..... Dinner<sup>†</sup>

##### Sunday, November 2, 2008

9:00 am to 12:00 pm ..... Session C  
12:00 pm to 1:30 pm ..... Lunch<sup>†</sup>  
1:30 pm to 3:30 pm ..... Session D  
3:30 pm ..... Adjourn

Note: On Saturday, the presenter will spend lunchtime with student participants.

† Buffet Style Meals (Saturday's lunch & dinner, and Sunday's breakfast & lunch) are included in fees if you're lodging at Westerbeke Ranch). Lunches are included in your fees if you are NOT lodging at Westerbeke Ranch; but dinner and breakfast are extra. Vegetarian and vegan items will be included in the meals.

**WE HAVE A LIMITED NUMBER OF SHARED CABIN ROOMS AT WESTERBEKE RANCH  
available for AFTNC Conference participants on a first-come-first-served basis!**

