



## Positive Affect Treatment for Depression and Anxiety

Join Bespoke Mental Health Canada on **Friday February 28, 2025** at 8.00 a.m. – 3.30 a.m. (PT), 11.00 a.m.- 6.30 p.m. (ET) for workshop delivered by Dr. Alicia Meuret on **Positive Affect Treatment for Depression and Anxiety**.

**Can't attend on that date?** Just watch it 'on-demand' at a time that suits you.



This workshop will:

- 1) Provide an overview of the evidence for treating negative versus positive symptoms in depression and anxiety
- 2) Explain the treatment modules and related techniques of positive affect treatment (PAT);
- 3) Describe the efficacy and mechanisms underlying PAT for anxiety and depression;
- 4) Assess the suitability and priority of PAT techniques based on the patient's reward sensitivity deficits.

Given the growing interest and necessity of treating low positive affect/anhedonia in individuals with depression and anxiety, we hope that attendees will gain a better understanding of how positive affect treatment can be helpful in their clinical practice.

Bespoke Mental Health Canada is approved by the Canadian Psychological Association to offer continuing education for psychologists. Participants who complete this workshop (either live or on-demand) are eligible to receive 6 CE credits.

### Price

Professionals: \$175.00 CAD + tax

Students: \$140.00 CAD + tax

For more information, click [here](#)

To book, click [here](#)