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March 16, 2001

FOR IMMEDIATE RELEASE:

LEADING PSYCHOTHERAPIST TO CONDUCT CONFERENCE ON SUICIDE,
DEPRESSION AT EIU

CHARLESTON – Eastern Illinois University is hosting world renown psychotherapist Dr. Donald Meichenbaum for the second "Ending the Silence" conference on suicide and depression Thursday, April 5, on the EIU campus.

The conference, sponsored by EIU's Counseling Center and the Thomas A. Bonine Rainbow of Hope Fund, is designed to educate and raise awareness about the cause of suicide, prevention programs and depression illness, said Tom Bonine of Geneva.

Bonine, along with his wife, Debbie, established the Rainbow of Hope Fund after their son, Thomas, died from suicide in 1998 while attending Eastern.

The day-long conference features morning and afternoon sessions led by Meichenbaum, who was voted one of the 10 most influential psychotherapists of

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SUICIDE CONFERENCE

the 20th century by North American clinicians in a survey reported in the American Psychologist, the official publication of the American Psychological Association.

Meichenbaum is professor emeritus at the University of Waterloo in Ontario, Canada, and directs the Melissa Institute of Violence Prevention and Treatment of Victims in Miami, Fla.

He is a founder of Cognitive Behavior Modification and was at the forefront of the "Cognitive Revolution" in the field of psychology in the 1970s and 1980s. He has authored and coauthored numerous publications including the classic "Cognitive Behavior Modification: An Integrative Approach" (1977), "Stress Reduction and Prevention" (1983), "Pain and Behavioral Medicine: A Cognitive-Behavioral Approach" (1983), "Stress Inoculation Training" (1985), "Facilitating Treatment Adherence: A Practitioner's Guidebook" (1987), and more recently, "A Clinical Handbook/Practical Therapist Manual for Assessing and Treating Adults with Post-Traumatic Stress Disorder" (1994).

David Onestak, director of Eastern's Counseling Center, said, "I have previously attended several of Dr. Meichenbaum's workshops and, in my opinion, he is certainly the most knowledgeable and dynamic presenter in the entire field of psychology. There is simply no one better at conveying information in a useable and interesting manner."

Following registration from 8 to 8:30 a.m. outside of the University Union's Grand Ballroom, Meichenbaum will begin the conference with a discussion of the major health problems of depression, addressing how these issues develop from childhood

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SUICIDE CONFERENCE

through adolescence and into adulthood. He will cover assessment and treatment strategies for children, adolescents and family members, using videotape demonstrations as part of his presentation.

The conference concludes at 3:30 p.m. with a break for lunch. The registration fee is \$75 for mental health professionals and \$50 for graduate students and interns. This covers workshop materials, breakfast refreshments and sit-down lunch, and continuing education credits (if appropriate).

Pre-registration is required and must be completed by Monday, March 26. To obtain a registration form, please call Eastern's Counseling Center at (217) 581-3413. Telephone registrations will not be accepted.