



Mental Health Association  
of San Francisco  
870 Market Street, Suite 928  
San Francisco, CA 94102  
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www.mha-sf.org

The Mental Health Association of San Francisco (MHA-SF) is dedicated to improving the mental health of residents in the diverse communities of San Francisco through advocacy, education, research and service. In all its programs MHA-SF works together with people and families challenged by mental illness and with the agencies that serve them to promote prevention, access to services, leadership, and independence.



# **COPING WITH DEPRESSION**

**An 8-week workshop**

**taught by Dr. Lee Lipp**

**This FREE training is open to mental health consumers who are part of the CBHS Peer Intern program or mental health consumers *working* at CBHS programs or CBHS-funded non-profit contractor agencies.**

**Thursdays, March 15-May 3, 2007  
5 p.m. to 7 p.m.**

**This series of classes will focus on a mindfulness-based approach towards investigating and working with depression. We will also cover basic education about depression and take home exercises that emphasize the links between thinking, feeling, body sensation and depression.**

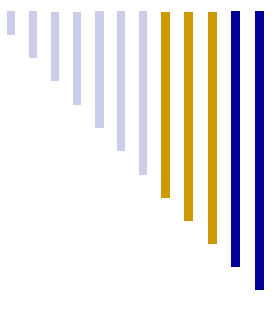
***The 8 Week series of classes will include:***

- Learning about our "automatic pilot" patterned ways of thinking
- Discovering ways to step out of these automatic patterns
  - Dealing with barriers to feeling better
  - Breathing mindfully
  - Staying present
- Considering alternative points of view
- Exploring and practicing new skills
- Examining how to best take care of ourselves
- Making action plans using what you've learned to deal with future moods.

**Sponsored by CBHS Training Committee**

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## COPING WITH DEPRESSION: An 8-week workshop



Combining stress reduction and cognitive therapy techniques with meditation skills, the aim of this class is for participants to cultivate awareness of depression's first signals. With encouragement toward skill development and practice to interrupt habit patterns and perceptions that contribute to depression at its beginning, participants can learn to manage and prevent future depression.

### We ask:

- That you discuss the class with your psychotherapist or psychiatrist if you are in psychotherapeutic treatment before committing to the class.
- You commit to the full eight week series. Because each class will build upon the prior one, it is not offered as a drop-in class.
- That you make a commitment to spend time at home practicing exercises we give you.

Where: SOMA/Civic Center. You will be mailed a confirmation letter with the location of the training.

Cost: Free. This training is open to mental health consumers who are part of the CBHS Peer Intern program or mental health consumers *working* at CBHS programs or CBHS-funded non-profit contractor agencies.

### About Lee Lipp, PhD.:

Lee has been a psychotherapist and professor teaching existential and systems therapy since 1982 and supervises at the Haight Ashbury Psychological Services. She has been practicing mindfulness and the meditation forms of Vipassana and Soto Zen for 15 years. Lay ordained at San Francisco Zen Center where she was Outreach & Diversity Coordinator, Lee presently continues to work with SFZC's Prison Outreach Program and has a private practice in San Francisco.

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To register for this training send the following information. PLEASE NOTE: This training is *only* open to mental health consumers who are part of the CBHS Peer Intern program or mental health consumers *working* at CBHS programs or CBHS-funded non-profit contractor agencies. Once we receive your registration, Dr. Lipp will contact you for a short 15 minute phone interview.

Mail: Attn: Coping w/ Depression, MHA-SF, 870 Market, Suite 928, San Francisco, CA 94102  
Fax: (415) 421-2928      Email: [registration@mha-sf.org](mailto:registration@mha-sf.org)

Name: \_\_\_\_\_ Agency Where you Work: \_\_\_\_\_

Address: \_\_\_\_\_ City, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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