

## ***F.A.Q.***

### **How many people should be trained to hold a *Depression Recovery Program*?**

Each program should have one trained director. There should also be two trained facilitators for every 15 participants expected to attend the program.

### **Should I become trained as a Director or a Facilitator?**

Directors are in charge of the planning and overall organization of the program. If you will be the main person leading out in the program, Director's training is for you. Facilitators are the small group coaches and assist the Director with the program.

### **What if I can't make it to the live *Training the Trainer*?**

For those who are unable to attend the live training, there is another option! Online training is available. Easy and convenient for those with a busy schedule. Visit [www.drnedley.com](http://www.drnedley.com) for more information.

### **How long does it take to complete the training?**

Live training usually takes two full days. Online training takes approximately 16 hours to complete.

### **Where can I sign up for training?**

To sign up for a live training, please contact the Nedley Health Solutions office. Online training may be purchased over the phone or online at [www.drnedley.com](http://www.drnedley.com).

### **How can I get more information?**

For more information, visit [www.drnedley.com](http://www.drnedley.com) or call us during business hours:

9:00-5:00 Monday-Thursday (CST)

9:00-12:00 Friday (CST)

### **Who should attend the training?**

- Counselors and social workers
  - Health professionals
- Church and school leaders
  - Pastors and teachers
- Anyone interested in helping others

Join us for a  
**LIVE TRAINING**  
in Houston, TX  
Labor Day 2010  
September 5-6, 2010

Houston Central SDA Church  
9425 W Sam Houston Pkwy N  
Houston, TX 77064

**Training will be held in  
English and Spanish**

Pre-registration open now until  
August 22, 2010. Contact Nedley  
Health Solutions to register.  
Reserve your place today!

### **Nedley Health Solutions**

PO Box 1565  
Ardmore, OK 73402  
(580) 226-8007 or  
Toll free (888) 778-4445  
[www.drnedley.com](http://www.drnedley.com)

Give the gift of  
**Health and  
Hope**



Discover what it takes to become a  
Director or Facilitator of the

**Depression  
*Recovery*  
Program**

with  
***Training the Trainer***

## Depression - A Growing Epidemic

Major depression is the most common mood disorder worldwide. It is the number one reason people miss work or school. It knows no cultural, social or economic barriers and is largely misunderstood.

Dr. Nedley has researched the epidemic of depression sweeping society. He has discovered that one in three patients seeking medical help is plagued by depression. Through his ongoing study of the latest scientific research related to diseases of the mind, combined with years of clinical experience, Dr. Nedley committed himself to finding the root causes of depression rather than just anesthetizing the symptoms with medication. In the *Nedley Depression Recovery Program*, Dr. Nedley helps participants develop an insightful and in-depth comprehension of their body's physical, mental and spiritual functions.

*Training the Trainer* is designed to educate people who want to plan and hold a successful *Depression Recovery Program* in their community. The program will train the Directors and Facilitators to recognize the 10 major causes of depression, as well as the 10 ways of distorted thinking that can lead to depression and other mental diseases.

## Training the Trainer

will help you to:

- Have the confidence and know how to help those suffering with depression
- Be able to coach others how to understand and manage their emotions
- Learn the secret on how to make permanent lifestyle changes
- Be capable of teaching depressed people simple coping skills
- Guide others in recognizing destructive or distorted thoughts
- Lead others in how to recover and grow after suffering loss
  - Be able to implement a *Depression Recovery Program* in your community, church or school

**Directors** will learn how to understand depression, lead Facilitators and program volunteers, efficiently plan, organize and execute a *Nedley Depression Recovery Program* using the resources and guidelines provided. Directors will also learn how provide a program that will help many in their church and community to overcome depression forever.

**Facilitators** will learn how to understand depression, how to get the depressed individual to establish and maintain a strong physical exercise program, eliminate negative habits of body and mind, develop healthy eating patterns, and get more out of the day by enhancing brain function.

## About the Trainers



**Neil Nedley, M.D.** is a full-time practicing internal medicine physician with emphasis in preventive medicine, mental health, and the difficult to diagnose patient. He is the author of the *Nedley Depression Recovery Program*, the widely acclaimed and successful DVD series. He is an experienced national and international speaker. Dr. Nedley and his wife Erica have four sons Joel, Allen, Nathan, and Justin.

**Paula Reiter** is director of the *Depression Recovery Program* and manager for the Nedley Clinic. She directs the Nedley 10-day residential program and has also held many successful *Depression Recovery*



programs in the community. She has coached many depressed individuals with amazing results. Paula lives with her husband, Randy, on a farm in Era, Texas. They have three grown children and 5 grandchildren.