

# FAMpod



Families Preventing & Overcoming Depression

[www.FAMpod.org](http://www.FAMpod.org)

## Please visit our new website [www.FAMpod.org](http://www.FAMpod.org)!

- ❖ On this site you will find current information about the prevention of depression in families, and you will have the opportunity to engage in an innovative online training course for the *Family Talk Preventive Intervention*.
- ❖ Family Talk is an evidence-based, strengths-focused program for families with parental depression. This program has received high rankings from the National Registry of Effective Programs (US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration). The Family Talk online training course involves 7 core modules and 1 optional module:
  - ❖ *Depression and the Family*
  - ❖ *The Child's Perspective on Parental Depression*
  - ❖ *The Family Meeting*
  - ❖ *Follow-up Meeting*
  - ❖ *Psychoeducation about Depression*
  - ❖ *Preparation for the Family Meeting*
  - ❖ *Review and Planning for the Future*
  - ❖ *Optional Module: Building a Tool-Kit of Skills for Health Promotion & Prevention*
- ❖ This course is appropriate for professionals who work clinically with families, including psychologists, social workers, doctors, and nurses. This program has been approved for 4 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D51454.
- ❖ FAMpod.org was developed by [Dr. William Beardslee](#), [Dr. Jacqueline Martin](#), and [Dr. Tracy Gladstone](#), based on the Family Talk Preventive Intervention. Dr. Beardslee is a world-renowned prevention researcher who has devoted much of his career to developing and disseminating prevention programs for depression and related mental health problems. Family Talk has many [collaborators](#) with thriving programs in countries all over the world. We encourage you to check it out!

## How to participate:

Go to [www.FAMpod.org](http://www.FAMpod.org). Create an account by choosing a login and password and then enroll in the Family Talk course. If you have any questions, please feel to email us at [info@FAMpod.org](mailto:info@FAMpod.org). We also welcome your feedback!



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