



STEIRISCHE GESELLSCHAFT FÜR
PSYCHOLOGIE

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E I N L A D U N G

zum Vortrag

Self-regulation and depression: From the lab to the clinic to everyday life

von

Paul J. Silvia, PhD

**Associate Professor, Department of Psychology
University of North Carolina at Greensboro**

Motivational deficits are central to major depressive disorder, particularly amotivation and anhedonia. This talk describes a line of research on Self-System Therapy, a cognitive therapy that focuses on self-regulation and motivation, and a recent psychotherapy trial that evaluated its effectiveness using experience-sampling methods.

Zeit: Montag, 15. Dezember 2014, 18.30 Uhr s.t.

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