Advanced Depression and Mood Disorders Care Training Course

13 – 17 December 2026
Muscat

AGILE LEADERS
Training Center

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Ref: 1438_206140 **Date:** 13 – 17 December 2026 **Location:** Muscat **Fees:** 5700 Euro

Overview

Advanced Depression and Mood Disorders Care Training Course is a one-week advanced course for mental health nurses, psychologists, counselors, social workers, primary-care clinicians, case managers, and behavioral-health service leads who leave with a Mood Care Practice Portfolio. Participants apply person-centered assessment, clinical formulation, collaborative care planning, psychosocial support, risk and safeguarding practice, relapse prevention, family partnership, and multidisciplinary care coordination. Agile Leaders Training Center presents depression and mood disorders care through safe, recovery-oriented professional practice.

Who Should Attend

- Assessment functions responsible for mood history, functional impact, formulation, and risk review
- Therapeutic functions responsible for engagement, psychosocial support, and recovery goals
- Primary-care functions responsible for recognition, monitoring, referral, and continuity
- Coordination functions responsible for family partnership, case review, and care transitions
- Behavioral-health leadership functions responsible for safeguarding, documentation, and care quality

The course assumes participants already support people experiencing depression or mood variation and leaves out initial professional qualification, formal diagnosis, prescribing, and general mental-health service administration.

Departments and Industries

The course supports departments and industries that assess, deliver, or coordinate depression and mood disorders care.

- Community mental health and behavioral-health services
- Hospital liaison and outpatient care departments
- Primary care and integrated health organizations
- Counseling, social care, and employee-support services
- Rehabilitation, case management, and voluntary-sector support

Learning Objectives

By the end of this course, participants will be able to:

- Build person-centered mood, function, and context profiles
- Analyze risk, safeguarding needs, and escalation indicators
- Apply collaborative care planning and psychosocial support methods
- Use mood monitoring and early-warning tools
- Evaluate family partnership and multidisciplinary coordination
- Prioritize relapse prevention and care-quality actions

Course Agenda

Day 1: Assessment and Formulation

- Mood Presentation and Functional Impact Profile
- Collaborative History and Context Map
- Risk and Safeguarding Assessment Framework
- Differential Concern and Escalation Guide
- Shared Care Goals Register

Day 2: Psychosocial Care and Engagement

- Therapeutic Engagement and Validation Method
- Behavioral Activation Activity Schedule
- Problem-Solving Support Framework
- Sleep and Daily Routine Review
- Recovery Strengths and Resources Map

Day 3: Mood Variation and Coordinated Support

- Mood State Observation Chart
- Early Warning Sign and Trigger Map
- Crisis and Safety Planning Template
- Family and Support-Network Partnership Plan
- Multidisciplinary Care Coordination Record

Day 4: Monitoring, Relapse, and Quality

- Outcome and Function Review Dashboard
- Relapse Prevention Plan
- Care Transition Handover Tool
- Documentation and Confidentiality Checklist
- Mood Care Quality Reflection Scorecard

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Day 5: Mood Care Practice

- Exercise: Build a Mood and Function Profile
- Exercise: Formulate a Risk and Escalation Response
- Exercise: Design a Psychosocial Support Plan
- Exercise: Coordinate a Relapse Prevention Review
- Capstone Exercise: Mood Care Practice Portfolio

Practical Exercises

The course uses suggested activities from primary care, hospitals, community mental health, counseling, social care, and rehabilitation.

- Suggested activity: assemble a person-centered profile linking mood history, function, context, strengths, risks, and goals.
- Suggested activity: practice a collaborative response that connects engagement, safeguarding, escalation, and psychosocial support.
- Suggested activity: create a relapse-prevention map with warning signs, triggers, coping actions, family roles, and referral contacts.
- Suggested activity: integrate monitoring, transitions, coordination, and quality review into a Mood Care Practice Portfolio.

FAQs

Who suits advanced depression and mood disorders care training, and what does it assume?

Advanced depression and mood disorders care training suits experienced assessment, therapeutic, primary-care, coordination, social-care, and behavioral-health leadership functions. It assumes current practice with people experiencing depression or mood variation.

How does depression and mood disorders care differ from mental-health service management training?

Depression and mood disorders care focuses on individual assessment, formulation, engagement, risk, psychosocial support, monitoring, relapse prevention, and coordinated recovery. Service management training focuses on wider operations, capacity, governance, and performance.

How should mood changes and functional impact be monitored?

Mood changes and functional impact should be reviewed with agreed measures, observation, the person's account, daily functioning, context, risk indicators, and early-warning signs, with escalation when needs or safety concerns change.

Why does depression relapse prevention involve family and support networks?

Depression relapse prevention can involve chosen supporters in recognizing warning signs, reinforcing coping plans, coordinating help, and protecting continuity while preserving the person's voice, consent, privacy, and preferences.

When should mood disorder concerns be escalated?

Mood disorder concerns should be escalated when severe deterioration, suspected mania, psychotic experiences, self-harm or suicide risk, harm to others, self-neglect, safeguarding concerns, or major functional decline exceeds the practitioner's role or setting.

Conclusion

The course connects assessment, formulation, engagement, psychosocial support, safeguarding, monitoring, relapse prevention, family partnership, and coordination. Participants take back a Mood Care Practice Portfolio. The portfolio changes how teams identify needs, plan support, escalate risk, coordinate recovery, review outcomes, and improve depression and mood disorders care.