



# unitar

United Nations Institute for Training and Research

## Unitar Online Catalogue

### CIFAL Istanbul - Untangling Depression After Brain Injury Seminar

People

Deadline: 24 Mar 2025

Type:	Seminar
Location:	Istanbul, Türkiye
Date:	24 Mar 2025
Duration:	2 Hours
Programme Area:	Decentralize Cooperation Programme
Website:	<a href="https://cifalistanbul.org">https://cifalistanbul.org</a>
Price:	\$0.00
Event Focal Point Email:	cisil.sohodol@bau.edu.tr
Partnership:	CIFAL Istanbul, Bahçeşehir University, BAU Faculty of Economics Administrative and Social Sciences

### BACKGROUND

The "Untangling Depression After Brain Injury Seminar" was held to address the complex relationship between brain injuries and the onset of depression. The event aimed to raise awareness about the mental health challenges faced by individuals recovering from brain injuries, providing insights into treatment options, coping strategies, and the importance of support for both patients and their families.

## EVENT OBJECTIVES

Raise awareness: Educate participants about the connection between brain injury and depression. Explore treatment options: Discuss strategies for managing depression following brain injury. Foster understanding: Increase understanding of the psychological impacts of brain injuries. Provide coping mechanisms: Share practical approaches for patients and caregivers to cope with mental health challenges.

## CONTENT AND STRUCTURE

The event featured expert talks on the link between brain injury and depression, including insights into symptoms, diagnosis, and treatment options. The structure included presentations, case studies, and interactive discussions, allowing attendees to engage with professionals and learn about effective coping strategies and support resources for those affected by brain injuries.

## METHODOLOGY

The event used expert presentations and case studies to provide in-depth knowledge on depression after brain injury. It employed an interactive format, encouraging participant engagement through discussions and Q&A sessions to address real-life challenges and solutions.

## TARGETED AUDIENCE

Students and Academics of Bahçeşehir University