ONLINE WEBINAR

Antidepressants: what psychologists need to know

Evidence, withdrawal, and how to support your clients



Almost four million Australians now take antidepressants, and long-term use has risen steadily over the past decade. This introductory webinar explains why this matters for psychologists, with a focus on the latest evidence and practical strategies to support clients.

THURSDAY, 3 DECEMBER 2026
7:00 – 8:00 pm AEDT

ONLINE WEBINAR
(live and interactive)



PRESENTED BY

Anders Sørensen

Danish clinical psychologist, researcher, and author of *Crossing Zero*.

WHAT WE'LL COVER

- Why evidence for long-term antidepressant use is being questioned
- Why gradual, hyperbolic tapering is increasingly recommended
- What antidepressant withdrawal can look like, and how it differs from relapse
- How psychologists can support clients, whether they are reducing, staying on their antidepressants, or somewhere in between.

A FIRST LOOK

This webinar is a preview of Anders' Australian workshop series in Melbourne, Sydney and Brisbane in April–May 2027, designed to build practical skills for supporting clients through antidepressant reduction and withdrawal.



Have your say and help shape training for Australian psychologists.

Simply by complete this 10-minute survey to share your views and experiences with supporting clients who want to reduce or stop taking their antidepressants.

REGISTER NOW →

DEAKIN UNIVERSITY | DEAKIN LIFESPAN INSTITUTE

APS Australian Psychological Society