

Depression: Is a Happy Ending Realistic ?

抑鬱症：幸福結局的目標是否現實？

UCSF ASIAN HEALTH INSTITUTE BILINGUAL HEALTH LECTURES

亞裔健康研究院雙語健康講座（英語和廣東話）

Striving for happiness and freeing ourselves from suffering are our natural tendencies as human beings. Despite our strong desire to stay away from pain and suffering, trials and tribulations are an inevitable part of going through life. It is important to take a closer look at the pains that we go through in life and rethink about whether or not avoidance strategies are so effective. Dr. Huaiyu Zhang, a faculty member and clinical psychologist at the UCSF/ZSFG Trauma Recovery Center, will lead a discussion on the normalization of depression experience and share evidence-based and culturally sensitive strategies that are rooted in mindfulness and acceptance. Please come and join us in this class to learn more about realistic and alternative ways of addressing depression that is closely in line with Eastern philosophy. This is a free and bilingual (English/Cantonese) lecture. All are welcome.



為幸福而努力和擺脫苦難是我們的天生傾向。但儘管我們希望擺脫痛苦和折磨，但這些都是我們生活中不可避免的一部分。重要的是，我們可以審視在生活中遇到的痛苦，重新考慮採用逃避的方法是否真的有效。

UCSF / ZSFG 創傷康復中心的老師兼臨床心理學家張懷宇博士將主持一個關於抑鬱症體驗正常化的講座，並分享基於正念和接納為基礎的，並且具有文化敏感度的策略。誠邀各位來臨參加我們的講座，以更多地了解與東方哲學緊密相關的實際又另類的替代方

法來解決抑鬱症。這是一個免費的雙語（英語／廣東話）講座，歡迎各位踴躍參加，不要錯過！

Speaker
演講者



Huaiyu Zhang, Ph.D. 張懷宇臨床心理博士／UCSF 臨床助理教授
Assistant Clinical Professor of Psychiatry (Pronouns: she/her/hers)
University of California San Francisco, School of Medicine

Date/Time **November 6, 2019 (Wednesday)** 十一月六日（星期三）
日期時間 下午 5:00–6:30 pm

Location **Herbst Hall, UCSF Mount Zion Campus** 赫布斯特館
地點 **1600 Divisadero 街 (Between Post and Sutter St.), 2nd floor, San Francisco**

RSVP 請致電 **Call 415-885-3678** 留言
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