

What can Therapists Learn from a Randomized Controlled Trial of Psychological Therapies for the Treatment of Depression in Adolescence? The Case of Therapy Dropout

presented by

Nick Midgley, PhD

Nick Midgley is a child and adolescent psychotherapist and Professor of Psychological Therapies with Children and Young People at University College London (UCL) and the Anna Freud Centre, London, UK. Prof. Midgley has led the way on developing the evidence-based for psychodynamic and mentalization-based therapies with children and young people, and in developing and training practitioners in contemporary psychodynamic approaches. Professor Midgley's publications include: *Minding the Child: Mentalization-Based Interventions with Children, Young People and Families* (Routledge, 2012), *Essential Research Findings in Child and Adolescent Therapy* (Sage, 2017), *Short-Term Psychoanalytic Psychotherapy for Adolescents with Depression* (Karnac, 2017), *Time-Limited Mentalization-Based Treatment for Children: a Treatment Guide* (APA, 2017; 2nd edition in 2026) and *Therapeutic Work for Children with Complex Trauma: A Three-Track Psychodynamic Approach* (Routledge, 2023).

6/4/2026 12:00:00 PM

<https://hartfordhealthcare.zoom.us/j/99765293670>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Distinguish between different 'types' of dropouts that may be seen among adolescents with depression taking part in psychological therapy.*
- 2. Identify certain risk factors for dropout, including factors within the therapeutic relationship.*
- 3. Reflect on the role of evidence and empirical research findings in informing clinical practice.*

Accreditation: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum **1.25 ANCC** contact hours.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Nick Midgley, PhD: Nothing to disclose - 03/16/2026

