

Behavioral Activation

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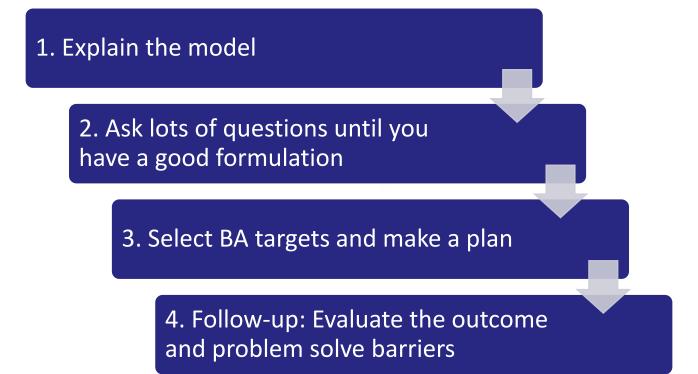


Agenda

- Introductions/Discussion
 - On a scale of 1-10 (10 being very confident) how are you feeling about using Behavioral Activation with your patients?
 - What do you like most about using BA? Any challenges?
- Brief BA Overview
- BA Challenges
 - Time management
 - Bi-weekly visit schedule
 - Identifying activities
- Case Presentation Prep



BA: The Four Steps





Step 1 & 2 Forms: Introducing BA and Compiling List of Rewarding Activities

Form A

Facts about Depression

What is Depression?

Depression is a medical illness. When low mood interferes with everyday life, it may be depression. months or even years if not treated.

What Are the Symptoms of Depression? Key Symptoms:

- · Depressed or sad mood
- Decreased interest or pleasure in activities Other Symptoms:
- · Significant changes in appetite or weight
- Sleep disturbances
- Restlessness or sluggishness
- · Fatigue or loss of energy
- · Lack of concentration or indecision
- Feelings of worthlessness or inappropriate g
- Thoughts of death or suicide

What Causes Depression?

Depression is a medical illness with multiple cause psychological, social and medical factors. The symptor reflect an imbalance in brain chemistry and may be genetics, stress or loss, or other physical changes co-o illnesses. Sometimes depression can develop without a

How is Depression Treated?

Depression is treatable. Appropriate treatment, suc psychotherapy, relieves symptoms for most individual pleasurable and rewarding activities has also been sho depression. Form

Why Is It Important To Do More Pleasurab Rewarding Activities?

When people get depressed they don't feel up to doing the kin they typically enjoy. By doing fewer enjoyable and rewarding t begin to feel worse. As they feel worse, they do even less and up in a vicious cycle.



As part of our meetings, we will help you set a goal of doing at pleasurable or rewarding activity each day. These goals can in physical activity, socialization, or other recreational activities or that have value and meaning to you. Engaging in pleasurable these will help break the vicious cycle of depression and impromood, interest level, and energy.



Form C

List of Pleasant and Rewarding Activities

Instructions: List desired activities and rate the difficulty of each

	ACTIVITY	DIFFICULTY:		
		E = Easy		
		M = Medium H = Hard		
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				



Step 3 Form: Scheduling Activities

Meeting #		-	Date:	
		Scheduling A		
			I — Physical n important way to deal with eek's worth of daily activities.	
social, or p reading a t together w	hysical book or ith a frie	activities. For example, doing a hobby; a social and; and a physical activ	rity. These can be pleasant, , a pleasant activity might be activity might be calling or get rity might be going for a walk.	ting
Rate how s	satisfied	I you felt after doing the	activity.	
	ı	Daily Activities	How satisfied di you feel? Rate from 0 to 10: 0 = Not Satisfied At All 10 = Extremely	Com
Day	Date	Activity (What? Where?	With Whom?)	+-
Monday				
Tuesday				+
Wednesday	+			
Thursday				+
Friday	+			+
Saturday	+			+
Sunday				+



Time Management

- How do you maintain a 30 min. visit?
 - BA session 1: Intro to BA and activities list
 - -Explain the structure of BA (length of visits, frequency, etc.) 2 min.
 - -Explain the BA model 10 min.
 - Review PHQ-9
 - Form A & B: Psychoeducation
 - —Develop a list of rewarding activities 15 min.
 - Form C
 - -Wrap-up 3 min.
 - Homework: finish completing the activities list
 - Schedule follow-up visit
 - Subsequent BA sessions
 - —Review symptoms and homework 10-15 min.
 - —Make a plan for the week 15-20 min.
 - Form D scheduling activities



Potential BA Modifications

- Scheduling activities for bi-weekly appointments
 - —Option to fill out 2 separate forms, or repeat weekly schedule
 - Encourage a Plan B
 - Check-in by phone or portal between visits



Identifying Activities

Ask: Can you think of <u>one thing</u> in the past week that you did not want to do, but you did it anyway and you were glad you did or felt better afterwards?

Difficulty Identifying Activities

- Develop a list of free or low-cost activities in your area
- Resource: Activity Bank

Identifying Meaningful Activities

— Resource: Values Checklist



Next Steps: BA Case Presentations

Choose a Case

To choose a patient for your case presentation, think about a patient with depression on your caseload who you know has struggled with one of the following:

- Patient having difficult understanding the therapeutic effects of Behavioral Activation
- Patient makes plans but doesn't carry them out
- Patient isn't seeing improvement with activation
- Complete the Case Presentation Form
- Everyone come prepared to present on 01/10/2022



Discussion/Informal Consultation

- Any BA questions that came to mind about patients you are working with?
- Other challenges not discussed today?
- Any tips/tricks to share with the group?