Case Presentation for Behavioral Activation

1. Choosing a Case

To choose a client(s) 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

You can pick a successful case or one that has been challenging for you!

2. Case presentation

Complete the following for the patient you've chosen:

Age: _____   Gender: _____

Diagnosis:

Basic demographic info (No PHI or information that could inadvertently identify a patient):

    Living situation:

    Stressors:

    Strengths:

    Factors affecting BA

Baseline PHQ-9: _____

Most recent PHQ-9: _____

Length of time in treatment (# weeks or months): _____

3. Treatment Details

What factors are unique to this individual?

What are their activity plans?

How effectively have they done them?

How has it effected their mood/ PHQ9 score?

What are your questions on this case?