

Kirklees

Improving Access to Psychological Therapies (IAPT)

Your feedback is welcome

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Behavioural activation for depression group

Acknowledgement - Information in this leaflet adapted from original created by Rob Mellors and Jo Nally, Health in Mind, Nottingham.



With all of us in mind

Behavioural activation for depression group

The Kirklees IAPT behavioural activation group is an evidence based and effective treatment for depression.

The group is run over 10 sessions, held once a week.

The groups are run by two Cognitive Behavioural Psychotherapists and last for 1¾ hours, with a refreshment break.

The treatment is designed to activate yourself out of depression and towards the things in life that you value, gradually, in a step by step way.

Activating yourself out of depression

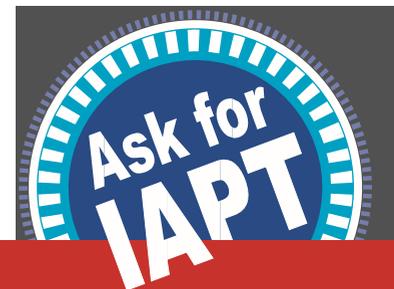
Depression is a real problem that changes our ability to function.

Depression changes our biology, giving us physical symptoms. Our thoughts also change, becoming more negative or anxiety filled. Our moods change as we experience more distressing feelings such as hopelessness, despair, anxiety and anger. Altogether, our experience of feeling depressed is made up of our physical symptoms, moods and thoughts.

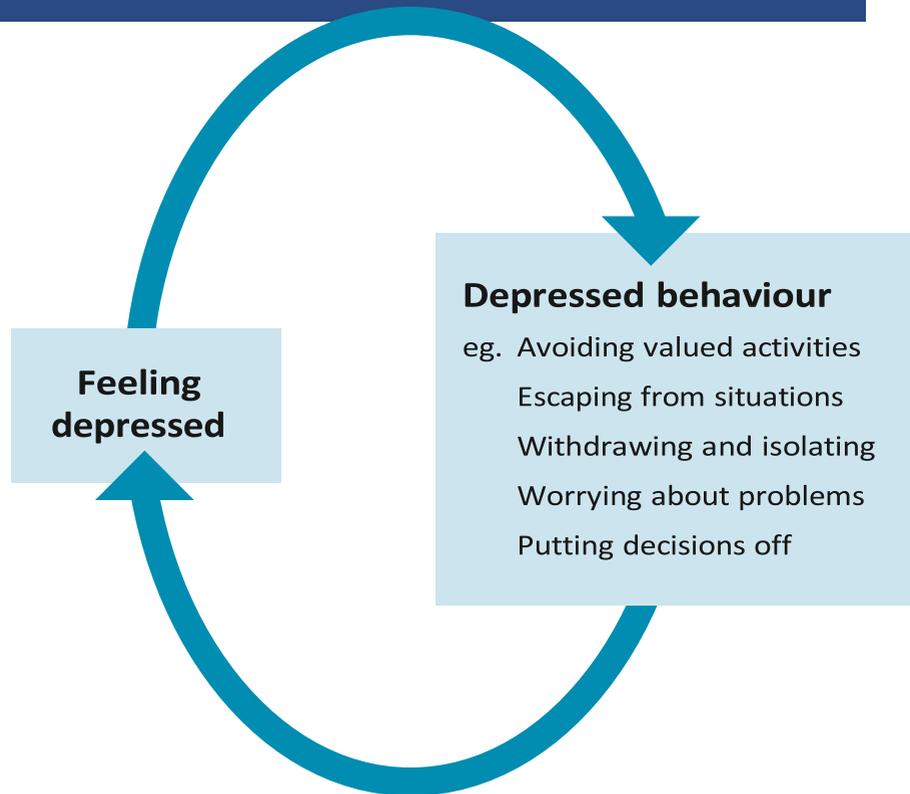
Significantly, our behaviour changes in response to feelings of depression. Behaviour becomes more restricted as we tend to withdraw, isolate, and avoid doing activities we did before the depression started. Our behaviours become 'depressed'.

Depression becomes a 'depressive loop' of feeling depressed and depressed behaviours. The more depressed we feel, the more we respond with depressed behaviour, fuelling more depression, and so on. This depression loop shown on the next page can be very difficult to break.

4 steps to ending depression



The depression loop

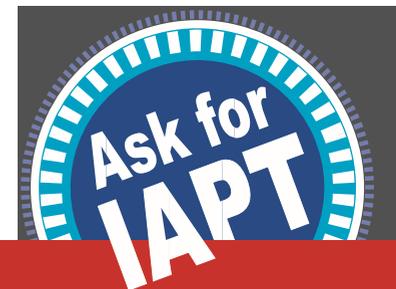


Treatment follows the 4 steps outlined below:

This treatment is called

1. Understand how depression works, particularly the links between what you do, where you do it, how you do it and how it makes you feel.
2. Identify areas of life where the way you're responding to depression isn't helping, and learn how to change the response.
3. Learn to approach difficult situations rather than avoid them.
4. Begin to address larger life issues that may put you at risk of developing another episode of depression.

behavioural activation because it targets what we do in order to affect how we feel. It is an evidence-based treatment, recommended by the Department of Health due to its effectiveness in helping treat depression.



To reverse the effects of depression, we look at changing depressed behaviours.

During treatment you will learn about identifying and changing your patterns of depressed behaviours

The treatment is structured and follows the following format:

- Up to 10 people will be in the group.
- Each session will last approximately 1¼ hours, beginning with introductions, agenda setting and completing questionnaires.
- There will be a review of the previous week and review of homework done in pairs and whole group discussion (30 mins).
- Break (15 mins).
- New content introduced which will be a mixture of group and individual activity (45 mins).
- Ending with homework setting and filling in reflective worksheet.

Although treatment is highly structured within a group setting, it does allow you to customise the interventions to work for the specific problems that you are experiencing.

Kirklees

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