



## Behavioral Activation Practice

### Instructions

Today you will be working in pairs to practice steps 2 and 3 of Behavioral Activation. Starting with step 2, one person will play the patient first, and the other will be the clinician. We will stop to debrief step 2 as a group before moving on. You will switch patient/clinician roles for step 3.

### Patient Scenario

- Single parent of 2 young children
- Working as a server at a restaurant – not making enough money to make ends meet
- Depression symptoms started about 6 months ago
  - Chronic low energy
  - Worrying about finances instead of sleeping at night
  - Struggling to get out of bed in the morning
  - Feelings of hopelessness and “feeling stuck” in life
  - No desire to do the things you previously enjoyed, such as gardening and riding bikes with your kids
  - Not keeping up with household tasks – has not invited anyone over for several months because too embarrassed
  - Avoiding texts from friends and calls from family
- Not interested in medication

### Practice Step 2: Case Formulation/Assessment - Form C and completed values checklist

- Explore impact of depression on activity level and functioning
  - What were you doing more or less of before you started feeling this way?
- Explore role of avoidance & rumination
  - Identify effortful and/or anxiety provoking activities
- Use values checklist to translate values into activities (start with one value)
- From information gathered, compile list of pleasant and rewarding activities (Form C)

### Practice Step 3: Select BA Targets and Make a Specific Plan – Form D

- Select activities from Form C and make a specific/detailed plan
  - Date or days of the week
  - What time of day
  - How long
  - With whom
  - What obstacles could come up?
  - What is a Plan B?
- Scheduling Activities (Form D)



Values Checklist:

Below is a list of general value categories, and some specific priorities that are common in each. Consider which areas are important to you, not just which you think are possible for you (what may seem possible can be influenced by anxiety, depression, and PTSD). Check the overall values headings and any of the individual priorities that may apply.

Family relations

- Work on current relationships
Spend time with family
Take an active role in raising my children
Maintain consistent healthy communication
Other:

Marriage/couples/intimate relationships

- Establish a sense of safety and trust
Give and receive affection
Spend quality time with my partner
Show my partner how much I appreciate them
Other:

Friendships/Social Relationships

- End destructive relationships
Reach out for new relationships
Feel a sense of belonging
Have and keep close friends
Spend time with friends
Have people to do things with
Other:

Mental/Emotional health

- Seek fun and things that give me pleasure
Have free time
Be independent and take care of myself
Challenge my negative thinking
Make my own decisions
Engage in therapy
Take my medications
Stay active
Other:

Physical well-being

- Live in secure and safe surroundings
Engage in regular exercise
Have a steady income to meet physical needs
Eat foods that are nourishing to my body
Maintain a balance between rest and activity
Get enough sleep
Other:

Citizenship/Community

- Contribute to the larger community
Help people in need
Improve society
Be committed to a cause or group that has a larger purpose
Make sacrifices for others
Other:

Spirituality

- Follow traditions and customs
Live according to spiritual principles Practice my religion or faith
Grow in understanding myself, my personal calling, and life's purpose
Find meaning in life
Develop a personal philosophy of life
Spend time in nature
Focus on the greater good
Other:

Education/Training/Personal Growth

- Be involved in undertakings I believe personally are significant
Try new and different things in life
Learn new things
Be daring and seek adventure
Have an exciting life
Learn to do challenging things that help me grow as a person
Other:

Employment

- Be powerful and able to influence others, have authority
Make important decisions that affect the organization
Be a leader
Make a great deal of money
Be respected by others
Be seen by others as successful, be ambitious
Become well-known, obtain recognition and status
Be productive, work hard
Achieve significant goals
Enjoy the work I do
Do what I'm told and follow the rules
Other:

