

$$E + T = R$$

2010 Topics of 8-week Depression Group

1. Conceptualizing depression
 - a. 5-factor model
 - i. Thoughts determine mood; mood determines thoughts; physical condition determines mood; mood affects physical condition; ...
 - b. Lack of adequate coping skills: world view, thought mgmt skill, pessimism
 - c. Signal depression
 - d. Grieving
 - e. Treatment strategy: address the 5-factors individually
 - f. Treatment approach: target factors contributing to depression – environment, thoughts, physical condition/reactions, mood, behavior
 - g. Homework: Describe your individual depression ‘web’ in terms of the 5-factors.
2. Identify problem areas: targeting specific problem areas and modifying them.
 - a. Occupation
 - b. Relationships
 - c. Environment
 - d. Behavior
 - e. Thinking
 - f. Physical problems: chronic pain, poor sleep, medication side effects, low energy.
 - g. Self-monitoring to gain insight into personal thoughts, feelings, and behaviors.
 - h. Homework: Create your Volcano Pie
3. Intervention strategies
 - a. Environmental
 - i. Interpersonal relationships
 - ii. Social settings
 - iii. Occupation
 - iv. Residence
 - b. Physical: disturbed sleep, chronic pain, tinnitus, meds, chronic illness, obesity, malnutrition, thyroid problems, low testosterone, etc.
 - c. Behavior: isolation, substance abuse, poor eating habits, sedentary behavior, appearance, leisure (hate radio)
 - d. Emotional condition: meds
 - e. Evidence-based tx: Cog restructuring; Improve relationships; Activity scheduling
 - f. Effort. Attitude. Taking responsibility for your well-being.
 - g. Homework: Understand the Interventions presented.
4. Identifying and challenging distorted thinking:
 - a. Raising self-awareness: Self-monitoring, Input from others
 - b. Automatic thoughts
 - c. Mustabatory thinking
 - d. Hopelessness and pessimism
 - e. Motives and expectations
 - i. Motives: the energy that fuels change
 - ii. Expectations: predict outcome

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- f. Carry-overs from military experience
 - i. Hardness of spirit: “soldier on”
 - ii. Need for perfection: “sick call”
- g. Homework: Develop a strategy to expose distorted thinking that you may have.
- 5. Thought management
 - a. Thoughts have mood, behavioral, and physical consequences (Greenberger & Padesky, p23).
 - b. Our perception of an event powerfully affects our emotional, behavioral, and physiological responses to it.
 - c. If reality exists in the mind, then it is important to control the mind.
 - d. Expectations
 - i. Visualize positive outcome: see the result
 - e. Relaxation imagery
 - f. Homework: Identify interventions to include in your action plan
- 6. Belief system (world view)
 - a. Weakness of the neurotic
 - i. Inadequate belief system – we are stronger when we believe in something: hope
 - b. Homework: Describe your belief system and how it supports you.
- 7. Change (learning) process: preparation, planning, practice
 - a. Action Planning Process
 - i. Identify things to change (Volcano Pie)
 - ii. Identify strategies for change (interventions)
 - iii. Create Action Plan with SMART goals
 - iv. Work the Plan
 - b. SMART goals
 - c. Reminders, repetition, rituals.
 - d. Imagery: the mind doesn’t know the difference between what is real and what is vividly imagined.
 - e. Depression mgmt attitude
 - i. Accept responsibility for our emotional state
 - ii. Rudder (will power) vs. wind. Construct a scenario that will carry you.
 - f. Time required for change
 - g. Change what we can, Accept what we can’t.
 - h. Homework: Create an SMART action plan with interventions targeting identified problem areas. Work the plan.

References

Greenberger, D., and Padesky, C.A. (1995). Mind Over Mood: Change how you feel by changing the way you think. The Guilford Press, NY.