



Behavioural Activation in Groups

Handbook

Introduction

This handbook was originally created by Joe Curran and Paul Bliss (Cognitive Behavioural Psychotherapists, Sheffield Health & Social Care NHS Foundation Trust) to accompany their group format of Martell and colleagues' Behavioural Activation for Depression (BA). In collaboration with NHS Education Scotland (NES), Joe Curran and Paul Bliss came to Scotland in 2015 to provide training in that group format, Behavioural Activation in Groups (BAG).

Martell and colleagues have been developing BA over the last 30 years. The extensive evidence-base for its effectiveness has led to BA being recommended in 'The Matrix: A Guide for the Delivery of Evidence-Based Psychological Therapies in Scotland' (Scottish Government, 2015), the Scottish Intercollegiate Guidelines Network (SIGN) clinical guideline (2010) and the National Institute for Health and Clinical Excellence (2009) clinical guideline for the treatment and management of depression in adults.

NES has provided training in Behavioural Activation in both individual (BA) and group (BAG) formats, and Brief Behavioural Activation for Depression (BATD-R), to increase the access for people experiencing depression to evidence-based psychological therapies and to standardise the quality of the therapy available across Scotland. For more information, the most up-to-date version of Martell and colleagues' BA for Depression can be found in the following:

For people currently experiencing depression

Addis, M. E. and Martell, C.R. (2004) *Overcoming Depression: One Step at a Time: The New Behavioural Activation Approach to Getting Your Life Back*. Oakland: New Harbinger.

If assistance is required in obtaining a copy of this book, GPs and local libraries should be able to assist through the 'Books on Prescription' scheme.

Clinical guide for BA Practitioners

Martell, C.R., Dimidjian, S. and Herman-Dunn, R. (2010) *Behavioural Activation: A Clinician's Guide*. New York: Guilford.

A digital version can be accessed online via Athens here: <http://site.ebrary.com/lib/nhsscotland/detail.action?docID=10356630>

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The following handbook contains material from:

1. Martell, C. R., Addis, M. E. and Jacobson, N.S. (2001) *Depression in Context: Strategies for Guided Action*. New York: Norton.
2. Addis, M. E. and Martell, C. R. (2004) *Overcoming Depression One Step at a Time*. New Harbinger: Oakland.
3. Martell, C.R., Dimidjian, S., Herman-Dunn, R. (2010) *Behavioural Activation: A Clinician's Guide*. New York: Guilford.

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The e-book of Martell et al (2010) is there for BA clinicians to use as a reference. Its limited photocopy license allows worksheets to be copied for personal use or individual clinical work but not for making additional handouts for therapy groups.

Session 6

Making changes one
step at a time

Session 6

Agenda

1. Review previous session on thinking, worry and rumination
2. Review between-session training
3. Introduction to making changes one step at a time
4. Plan the next between-session training

Goals for this session

1. Review between-session training and previous five sessions
2. Introduce physical sensations as a barrier to change
3. Plan the next between-session training

Completing a task using SUDS

You can use this exercise to complete any task that you are having difficulty doing.

1. Think of a task you need to do.

What is it? Clean the house

2. Define the emotion that you are most likely to feel when you make an attempt to activate and complete this task that you've been avoiding.

Main emotion experienced when attempting this task: Low in mood

3. List the components (or steps) of this task, and rate the emotional intensity of each component based on how you have felt or believe you would feel completing each component of the task. Use the SUDS scale of 0 to 100 to describe the measure of intensity for each component. Remember, 0 means no discomfort and 100 means maximum discomfort.

	Task components	SUDS rating
1.	Wash the dishes	50
2.	Hoover the bedroom	60
3.	Polish the living room	30
4.	Mop the kitchen floor	70
5.	Take the rubbish out	90
6.	Hoover the stairs	20
7.		
8.		
9.		
10.		
11.		
12.		

4. Begin with a component that causes mild distress and complete that component.
5. Gradually increase the difficulty of the components (step-by-step) until you complete the task.

To complete any task, it is often best to begin with those steps that cause you the least discomfort. This will help you to have successful experiences and to increase your confidence that you can tackle the next step. But remember; keep your eye on the ball. Only tackle one step at a time, and when you're done, consciously choose whether you want to tackle the next step or take a break.

Addis, M. E. and Martell, C. R. (2004) Overcoming Depression One Step at a Time. New Harbinger: Oakland. Pages 124-125. Reproduced with permission.

Completing a task using SUDS

You can use this exercise to complete any task that you are having difficulty doing.

1. Think of a task you need to do.

What is it? _____

2. Define the emotion that you are most likely to feel when you make an attempt to activate and complete this task that you've been avoiding.

Main emotion experienced when attempting this task: _____

3. List the components (or steps) of this task, and rate the emotional intensity of each component based on how you have felt or believe you would feel completing each component of the task. Use the SUDS scale of 0 to 100 to describe the measure of intensity for each component. Remember, 0 means no discomfort and 100 means maximum discomfort.

	Task components	SUDS rating
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

4. Begin with a component that causes mild distress and complete that component.
5. Gradually increase the difficulty of the components (step-by-step) until you complete the task.

To complete any task, it is often best to begin with those steps that cause you the least discomfort. This will help you to have successful experiences and to increase your confidence that you can tackle the next step. But remember; keep your eye on the ball. Only tackle one step at a time, and when you're done, consciously choose whether you want to tackle the next step or take a break.

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Reviewing the process when the task is done

Once you've completed an entire task, it is time to evaluate and assess the process. In the space below, write down your impressions of the entire process, including what you learned, how you feel about it now that it's over, what you've accomplished, and anything else that seems important.

Addis, M. E. and Martell, C. R. (2004) Overcoming Depression One Step at a Time. New Harbinger: Oakland. Page 125. Reproduced with permission.

Self-soothing through your senses

In times of distress, your five senses can come to your aid. In this exercise make a list of things that could give you pleasure or have a calming effect.

Sight: List things that you enjoy seeing. Try to gather as great a variety of visual images as possible that you can use when feeling down. Consider nature, art, and architecture. List things that you can look at on a walk, in the comfort of your home, and so on.

Sound: You may enjoy listening to music. What other sound please you? List a variety of sounds that can help you engage in life and feel enjoyment or solace. You can list sounds that are created electronically or sounds that exist in nature. Think of everyday sounds that may be comforting for you.

Touch: The sense of touch can be very powerful. For example, the feel of warm water on your body in the form of a bath or shower can be a pleasant sensation. What are the things you can touch and feel that can turn a lonely moment into an opportunity to experience something pleasurable?

Smell: There are many scents in the world that you may respond to positively. Think of the aroma of the air after a cool rain. You don't need to spend money to activate your sense of smell. List some things below that you enjoy smelling and find soothing.

Taste: Depending on your weight and general health, eating rich, fatty foods may not be a good choice for self-soothing. However, there are many tastes in the world that you can enjoy without risk to your health or self-esteem. Occasional indulgence may also help you feel special. List some things you enjoy eating or tasting and that you find soothing.

Now that you have a menu of things to see, hear, touch, smell and taste, choose some of the things from the menu and experiment. You may find that you can indulge several senses at once. Take in the entire experience.

Addis, M. E. and Martell, C. R. (2004) Overcoming Depression One Step at a Time. New Harbinger: Oakland. Pages 161-162. Reproduced with permission.

Self-reflection sheet

Session number:

1. What did I learn from today's session?
2. What training for the week did I plan?
3. Thinking about today's session, I noticed myself behaving in this way... (Describe...)
4. This way of behaving/being is helpful because...
5. This way of behaving/being may be unhelpful because...
6. If I were to usually behave this way in my everyday life the likely consequences would be...
7. Is there anything I need to change as a result of my reflections?



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