



**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 4

Values are the guide to
who we are

Session 4

Agenda

1. Review of the previous three sessions
Including: Context and symptoms, role of inactivity and avoidance, TRAP and TRAC, and taking action using a problem-solving approach
2. Review between-session training on problem-solving in pairs and then in the larger group
3. Values as the guide to who we are
4. Planning next between-session training

Goals for this session

1. Review between-session training and previous three sessions
2. Introduce the significance of values in behavioural activation
3. Plan next between-session training

Identifying values

A value is an ideal, quality, or strong belief in a certain way of living. To identify some of your strongest values, think about what is most important to you and how you want to live your life in each of these life areas.

Life area:	Relationships
Values	e.g. To be a good friend
1	
2	
3	
4	
5	
Life area:	Education, learning and working life
Values	e.g. To be knowledgeable about the world around me
1	
2	
3	
4	
5	
Life area:	Hobbies, interests, recreation and helping others
Values	e.g. To be artistic and creative
1	
2	
3	
4	
5	

Life area:	Mind, body and spirituality
Values	e.g. To be physically healthy
1	
2	
3	
4	
5	
Life area:	Daily responsibilities
Values	e.g. To be someone that my family can depend on
1	
2	
3	
4	
5	

Worksheet made by Andrew Smithsimmons, Principal Educator for Psychological Interventions, NHS Education for Scotland, based on the protocol for Brief Behavioural Activation for Depression (Revised) as detailed in:

Lejuez, C.W., Hopko, D.R., Acierno, R., Daughters, S.B. and Pagoto, S.L. (2011) Ten Year Revision of the Brief Behavioural Activation Treatment for Depression: Revised Treatment Manual. *Behavior Modification*, 35, 2, 111-161. Available online through OpenAthens: <http://bmo.sagepub.com/content/35/2/111.long?hwoaspck=true>

Linking values to actions

For each of the values you have identified, consider what you can do to connect with that value in day-to-day life. What would you need to be doing to consider yourself as acting in line with that value? You are likely to need several of these sheets, think about activities for all of the values you have previously identified.

Life area	
Value	
Activity 1	
Activity 2	
Activity 3	

Life area	
Value	
Activity 1	
Activity 2	
Activity 3	

Life area	
Value	
Activity 1	
Activity 2	
Activity 3	

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Preparing to schedule activities

It is useful to take a gradual approach, starting with those activities we predict will be the least challenging. Use the table below to put the activities you have identified in the previous worksheet into order of perceived difficulty. You may need less steps than in the table or more, using a further sheet.

Least challenging	First steps
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
Most challenging	Bigger steps

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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?



NHS Education for Scotland
Westport 102
West Port
Edinburgh
EH3 9DN
www.nes.scot.nhs.uk

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