



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 2

Getting out of TRAPs
and back on TRAC

Session 2

Agenda

1. Introduction and agenda
2. Recap last session
3. Behaviour and mood
4. TRAP and TRAC
5. Training

Goals for this session

1. Discuss feedback from Session 1
2. Discuss feedback from training on behaviour/mood monitoring
3. Introduce TRAP and TRAC
4. Discuss and plan training for the week ahead

Activity and mood monitoring chart

In the large box write one word to describe the activity you engaged in during the hour.

In the mood box write one word which best describes how you felt at the time. As a starting point, identify the words you most often use to describe your mood (e.g. Bored, frustrated, down, pleased, interested etc). Then rate the intensity of this mood on a scale of 1 to 10 where 1 is the least intense/strong and 10 is the most.

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6 am							
Mood							
7 am							
Mood							
8 am							
Mood							
9 am							
Mood							
10 am							
Mood							
11 am							
Mood							
12 pm							
Mood							
1 pm							
Mood							
2 pm							
Mood							
3pm							
Mood							
4pm							
Mood							

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5pm							
Mood							
6pm							
Mood							
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8pm							
Mood							
9pm							
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3am							
Mood							
4am							
Mood							
5am							
Mood							

Adapted from Martell, C.R., Addis, M.E. and Jacobson, N.S. (2001) *Depression in Context: Strategies for Guided Action*. New York: Norton.

Response		Avoidance Pattern
Trigger	Thoughts and feelings about the event	Specific examples of what I do to cope with these thoughts and feelings (e.g. avoiding, escaping, or withdrawing)
Upsetting event		
Receive a text message from a friend inviting me to play football	<p>I can't be bothered to go</p> <p>I'm not very good company</p> <p>Why would my friend want to spend time with me?</p> <p>Feel anxious and low in mood</p>	<p>Ignore message or make an excuse not to go</p> <p>Isolate myself</p>
What are the short-term consequences of my avoidance pattern?		
A sense of relief for not going		
What are the long-term consequences of my avoidance pattern?		
	<p>I will feel guilty</p> <p>Feel bad about myself</p> <p>Continue to feel isolated and lonely</p>	

Adapted from Martell, C.R., Addis, M.E. and Jacobson, N.S. (2001) *Depression in Context: Strategies for Guided Action*. New York: Norton.

Trigger	Response		Avoidance Pattern
Upsetting event	Thoughts and feelings about the event	Specific examples of what I do to cope with these thoughts and feelings (e.g. avoiding, escaping, or withdrawing)	
What are the short-term consequences of my avoidance pattern?		What are the long-term consequences of my avoidance pattern?	

Adapted from Martell, C.R., Addis, M.E. and Jacobson, N.S. (2001) *Depression in Context: Strategies for Guided Action*. New York: Norton.

Trigger	Response	Alternative Coping
<p>Upsetting event</p> <p>Receive a text message from a friend inviting me to play football</p>	<p>Thoughts and feelings about the event</p> <p>I can't be bothered to go</p> <p>I'm not very good company</p> <p>Why would my friend want to spend time with me?</p> <p>Feel anxious and low in mood</p>	<p>What can I do that is better than avoidance in the long term? How can I act in a way that is consistent with what is important to me? What will be the best course of action to increase my wellbeing?</p> <p>Suggest an alternative plan to friend</p> <p>Go to football with friend</p> <p>Reply to text message</p>
<p>What are the short-term consequences of my avoidance pattern?</p> <p>Discomfort – I might feel nervous</p> <p>I'll feel better because I'm making an effort</p>	<p>What are the long-term consequences of my avoidance pattern?</p> <p>Increase social contact – spending time with my friend which is important to me</p> <p>My mood will improve</p>	

Adapted from Martell, C.R., Addis, M.E. and Jacobson, N.S. (2001) *Depression in Context: Strategies for Guided Action*. New York: Norton.

Trigger	Response		Alternative Coping
Upsetting event	Thoughts and feelings about the event		What can I do that is better than avoidance in the long term? How can I act in a way that is consistent with what is important to me? What will be the best course of action to increase my wellbeing?
What are the short-term consequences of my avoidance pattern?			What are the long-term consequences of my avoidance pattern?

Adapted from Martell, C.R., Addis, M.E. and Jacobson, N.S. (2001) *Depression in Context: Strategies for Guided Action*. New York: Norton.

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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