



# ***My Brief*** **CBT**

for: *Depression*



*Patient Workbook 2.3*







# Table of Contents

How to Use the Patient Workbook	i
---------------------------------	---

## Core Module

Getting Started: Session 1	A1
----------------------------	----

## Elective Modules

Engaging in Activities to Improve Mood	B1
Managing Unhelpful Thoughts	C1
• Managing Unhelpful Thoughts – Optional Advanced Skills	C15
Using Relaxation Skills to Manage Stress & Tension	D1
Improving Health & Wellness	E1

## Core Module

Final Session	F1
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# How to Use the Patient Workbook

Welcome to the MyBriefCBT program! This workbook will be the primary resource used during your work with your clinician. It is intended to guide the focus of each treatment session, and to serve as a reference that you can use in between sessions.

- The workbook is separated into six sections focused on different skills for improving your mood and well-being.
- Each skill area can be a focus of the work you do during a session.
- You do not have to complete every skill area. Instead, work with your clinician to focus on those areas that will be the most beneficial to you.
- The final section contains extra copies of the worksheets and monitoring forms that will be presented in each skill area.

**Clinician:** \_\_\_\_\_

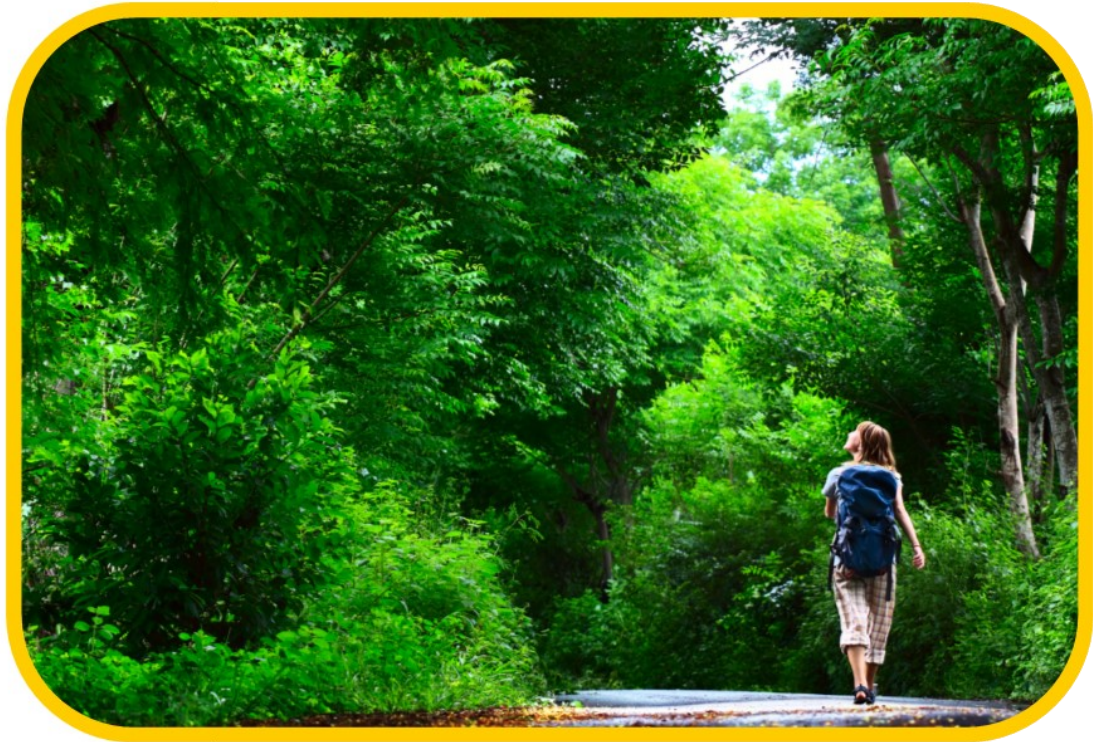
**Clinician's Phone Number:** \_\_\_\_\_

	<b>Date</b>	<b>Time</b>
<b>Session 1</b>	___/___/___	:
<b>Session 2</b>	___/___/___	:
<b>Session 3</b>	___/___/___	:
<b>Session 4</b>	___/___/___	:
<b>Session 5</b>	___/___/___	:
<b>Session 6</b>	___/___/___	:





# Getting Started: Session 1





# What to Expect in this Session

## Session Roadmap

1. We will discuss a treatment overview and how we intend to help.
2. We will set an agenda for the session.
3. How are you doing? We will complete a quick mood “check-in.”

## Getting Started

4. We will identify areas of your life that you want to improve.
5. We will talk about how your mood relates to what you think and do, and explore ways to help.
6. We will introduce Dave/Danielle, who will be used as an example throughout our workbooks.
7. We will introduce the concept of SMART goals.
8. We will develop an action plan to help you meet your goals.
9. We will review the skill menu and select a skill for next session.



# Rate your Mood

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several Days	More than half the days	Nearly every-day
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around more than usual.	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not Difficult at All	Somewhat Difficult	Very Difficult	Extremely Difficult
0	1	2	3

# Improving your Well-Being

The following worksheet lists different aspects of your life that we might be able to target as part of our work together. Place a check mark next to the items that you think would make a difference in your quality of life.

## Emotional Health

- Improving self-image and self-esteem
- Increasing feelings of hopefulness about the future
- Increasing feelings of being useful and engaged in life
- Decreasing stress or tension
- Decreasing feelings of depression

## Family, Social, and Spiritual Life

- Increasing involvement with family and friends
- Increasing social activities
- Becoming more active in hobbies
- Increasing spiritual or religious activities
- Improving your social support system

## Physical Health

- Learning healthy habits to improve sleep
- Learning strategies to help manage pain
- Increasing healthy eating habits
- Increasing physical activity

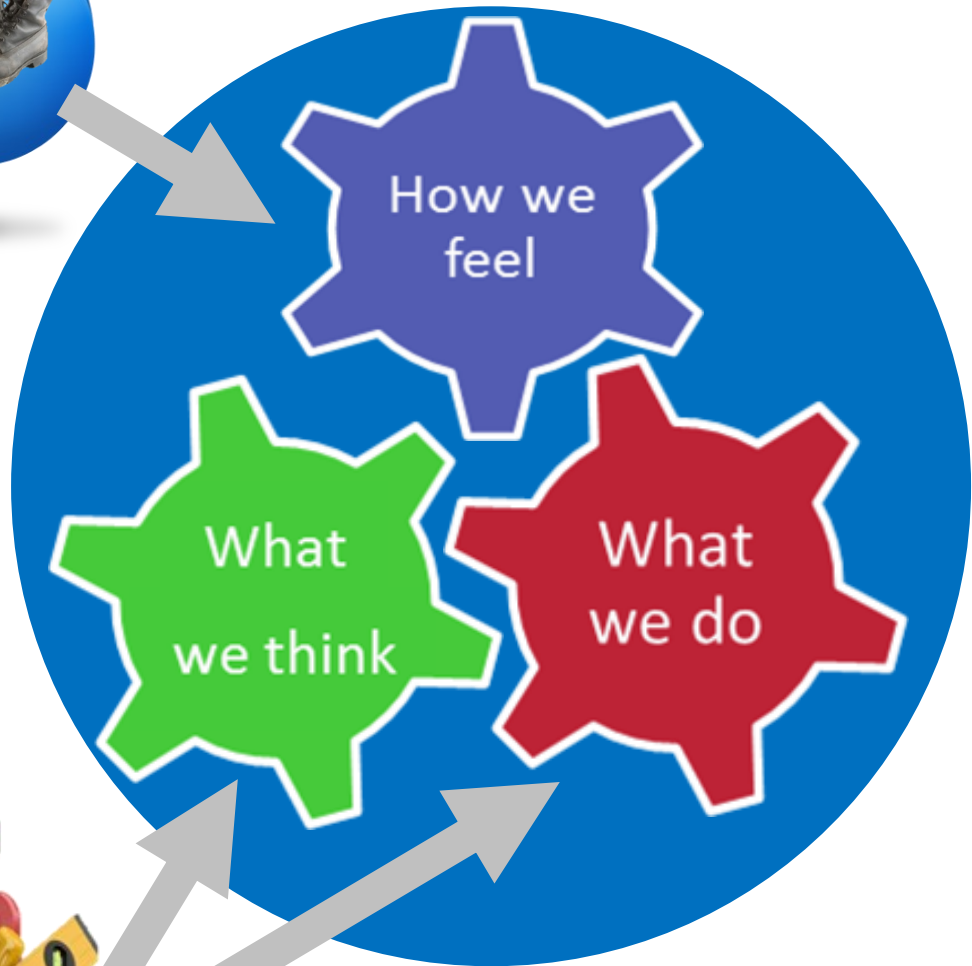
## Supportive Others (*people & animals*)

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# How Thoughts and Behaviors Relate to Mood



This shows how behaviors (the things we do) and thoughts (the things we tell ourselves) interact and affect mood (how we feel). And in turn, the way we feel can affect what we do and how we think. You can improve your mood by learning skills to help you think and act in new ways.

# Meet Dave



Dave is a 65-year-old Army Veteran who suffered a back injury two years ago and is unable to work. He became distant from his family and believed his life has little meaning or purpose.

How  
Dave  
Feels

- *I feel down.*
- *I lack motivation.*
- *I feel unproductive.*
- *I'm tired all the time.*
- *I'm stressed out about finances.*

What  
Dave is  
Doing

- *I've stopped talking to friends and family.*
- *I spend a lot of the day watching TV.*
- *I eat junk food to try to make myself feel better.*

What  
Dave  
Thinks

- *I can't do anything anymore.*
- *I let my family down.*
- *My life is a failure.*
- *No one can understand me.*

Dave realized his depression was getting in the way of living a life that was meaningful to him. Dave identified the following areas of his life he wants to improve:



1. *I want to become more physically active.*
2. *I want to reconnect with family.*
3. *I want to improve my self-esteem and feel more hopeful about the future.*
4. *I want to eat better and manage my pain.*



# Meet Danielle



Danielle is a 32-year-old Navy Veteran who recently separated from the military. She is a single mother who now feels isolated from her family after her last deployment and is struggling financially. She also worries about her health due to sudden weight gain.

## How Danielle Feels

- *I feel inadequate.*
- *I feel helpless.*
- *I'm stressed out about finances.*
- *I feel isolated*

## What Danielle is Doing

- *I eat more sweets and comfort foods than I used to.*
- *I spend long hours looking for employment.*
- *I often have arguments with friends and family.*

## What Danielle Thinks

- *I'm overweight and my health is getting worse.*
- *There's nothing I can do to get out of these money problems.*
- *My friends and family don't understand me.*
- *No one can help me.*

Danielle realized that her depression was getting in the way of her goal of providing the best life for herself and her daughter. She identified the following areas of her life that she wants to improve:

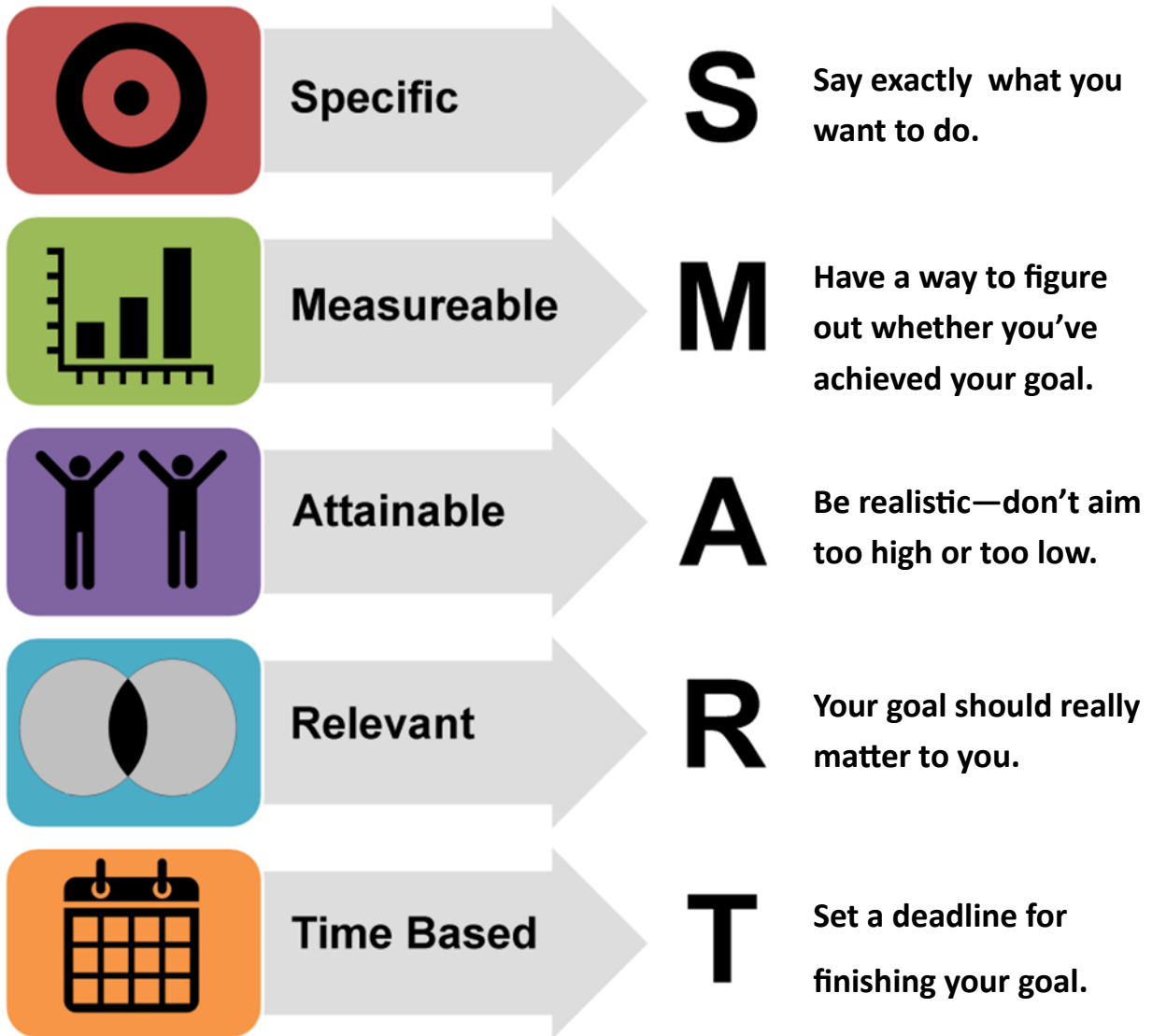


1. *I want a better relationship with my daughter.*
2. *I want to manage my finances better.*
3. *I want to lose weight and improve my physical health.*
4. *I want to manage my migraines better.*



# Setting Smart Goals

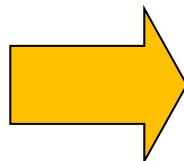
Now that you've selected the areas you want to focus on, you're ready to begin setting some goals. Your goals should be SMART!



## Example:

### Original Goal

Exercise more



### SMART Goal

I will take a 15 minute walk around the neighborhood three mornings a week.

# Initial Action Plan

**The specific goal or activity I plan to work on:**

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**Timeline for completing goal:**

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**Steps to help me accomplish my goal:**

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**Possible barriers and ways to overcome them:**

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**How important is this goal to you?**

Not Very Important 1 2 3 4 5 6 7 8 9 10 Very Important

**How likely are you to complete these steps?**

Not Very Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

**Tracking your progress:**

What progress did you make towards your goal this week?

Exceeded  Met  Partially Met  Did Not Attempt

What went well?

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What challenges came up?

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# Skill Menu

Work with your provider to select two to three skills that best meet your needs. Here is a list of the skill areas we offer:

## Engaging in Activities to Improve Mood

This module focuses on increasing the number of enjoyable or meaningful activities you engage in, as well as reconnecting with the important people in your life. These exercises will help you to feel better about yourself by becoming more active in the things you like to do.



## Managing Unhelpful Thoughts

This module was designed to change the way you think about stressful situations. These exercises help you to challenge negative or pessimistic thinking and learn to use more practical and balanced thinking strategies.

## Using Relaxation Skills to Manage Stress and Tension

This module teaches you to use skills such as deep breathing and imagery to relax yourself physically and mentally. These skills are particularly helpful for individuals who experience stress or tension.



## Improving Health and Wellness

This module introduces skills to help improve areas such as physical activity, eating habits, sleep, and pain. Special attention will be given to when you should contact a medical provider.

