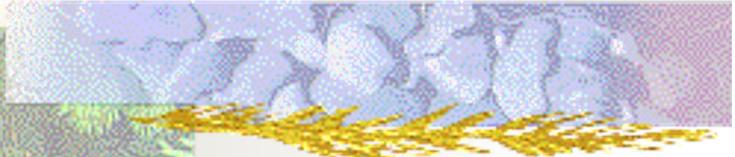
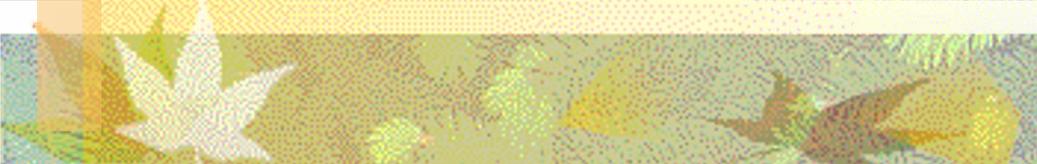


# CBT for Depression



June 7, 2024

Time: 1:30-3:30 PM

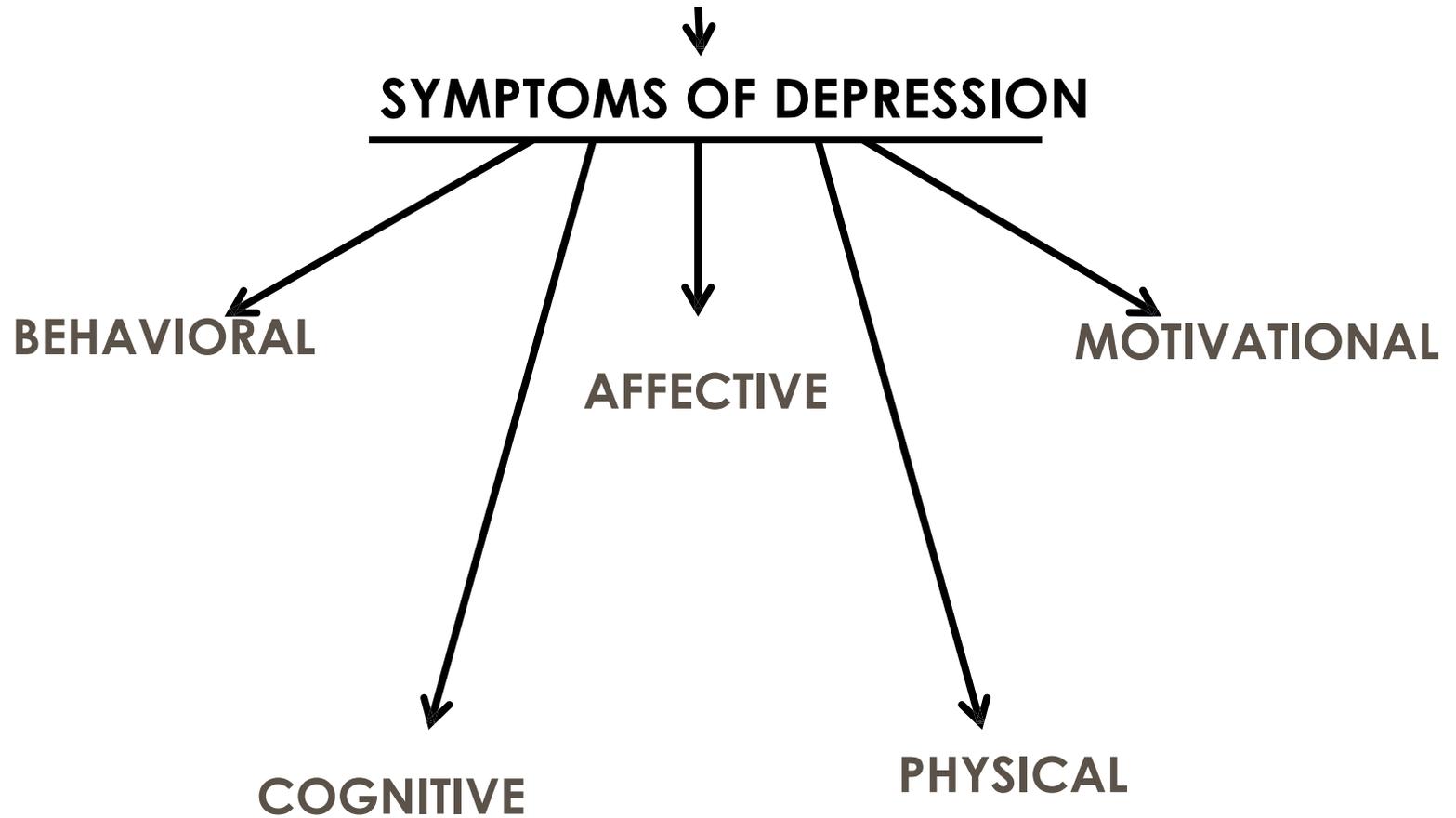
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# Today's Agenda

- Profile of Depression
- Measurement & Assessment
- Cognitive restructuring
  - Credit; Coping cards.
- Behavioral Activation
  - Activity/Mood Monitoring
  - Activity Scheduling
- Trouble-Shooting





# SYMPTOMS OF DEPRESSION

## **BEHAVIORAL**

Lowered activity levels

Withdrawal from positive activities

Impaired coping with practical problems

## **AFFECTIVE**

Sadness

Guilt

Shame

Anger

## **MOTIVATIONAL**

Inertia

Tasks seem overwhelming

Loss of self-reliance

## **COGNITIVE**

Indecisiveness

Concentration

Rumination

## **PHYSICAL**

Sleep

Disturbance

Appetite

Sexual Desire



# Getting Started

Measurement (What Moods are Important?)



# Let's talk about “Action Plans”

People get better by “making small changes in thinking and behavior every day” (J. Beck)

## Reflection Q's

What are examples of action plans you've asked a client to do?



# Break Out Rooms (5 minutes)

1. Discuss your wins & intentions (2 mins).
2. Read through the transcript –Creating Credit Lists-pgs. 7-9 (3 mins).



# Coping cards

Side one: Negative distorted automatic thought

Side two: Response (disputation) to automatic thought

### 3. **Responding** to Automatic Thoughts

#### Coping Card #1 (Bad example)

**Automatic Thought:**

I won't be able to keep this job,  
and I'll end up homeless.

**Response:**

This isn't true. I'll probably keep my  
job.

### 3. **Responding** to Automatic Thoughts

#### Coping Card #1 (good example)

**Automatic Thought:**

I won't be able to keep this job, and I'll end up homeless.

**Response:** There's no evidence that I'll lose my job. I've been here a long time and have reasonable performance reviews. If ever I can't pay the rent, I can live with my parents. I won't end up on the street.

### 3. **Responding** to Automatic Thoughts

#### Coping Card #2 (bad example)

**Automatic Thought:**

I don't have the energy to go to the party.

**Response:**

I can go anyways.

### 3. **Responding** to Automatic Thoughts

#### Coping Card #2 (good example)

**Automatic Thought:**

I don't have the energy to go to the party.

**Response:**

Staying home doesn't give me more energy. It only makes me lonely. If I go, I might still be tired but at least I'll be out of the house and have the opportunity for enjoyment.

# Coping cards: Don't do this!

I'M GOOD ENOUGH  
I'M SMART ENOUGH  
AND DOGGONE IT,  
PEOPLE LIKE ME!

-STUART SMALLEY



### 3. **Responding** to Automatic Thoughts

#### Your Coping Card

**Automatic Thought/Old Belief:**

What's an automatic thought or belief of a recent client who would have benefited from reading a coping card?

**Response:**

What conclusion would you have wanted the client to read daily in response to this automatic thought or belief?



WHAT IF AUTOMATIC  
THOUGHTS ARE TRUE?



## 2. **Evaluating** Automatic Thoughts: When Automatic Thoughts ARE True

### **Question the usefulness of the thoughts:**

- What will happen if you keep repeating this to yourself?

### **Focus on problem solving:**

- “What can you do about this?”



# BEHAVIORAL ACTIVATION



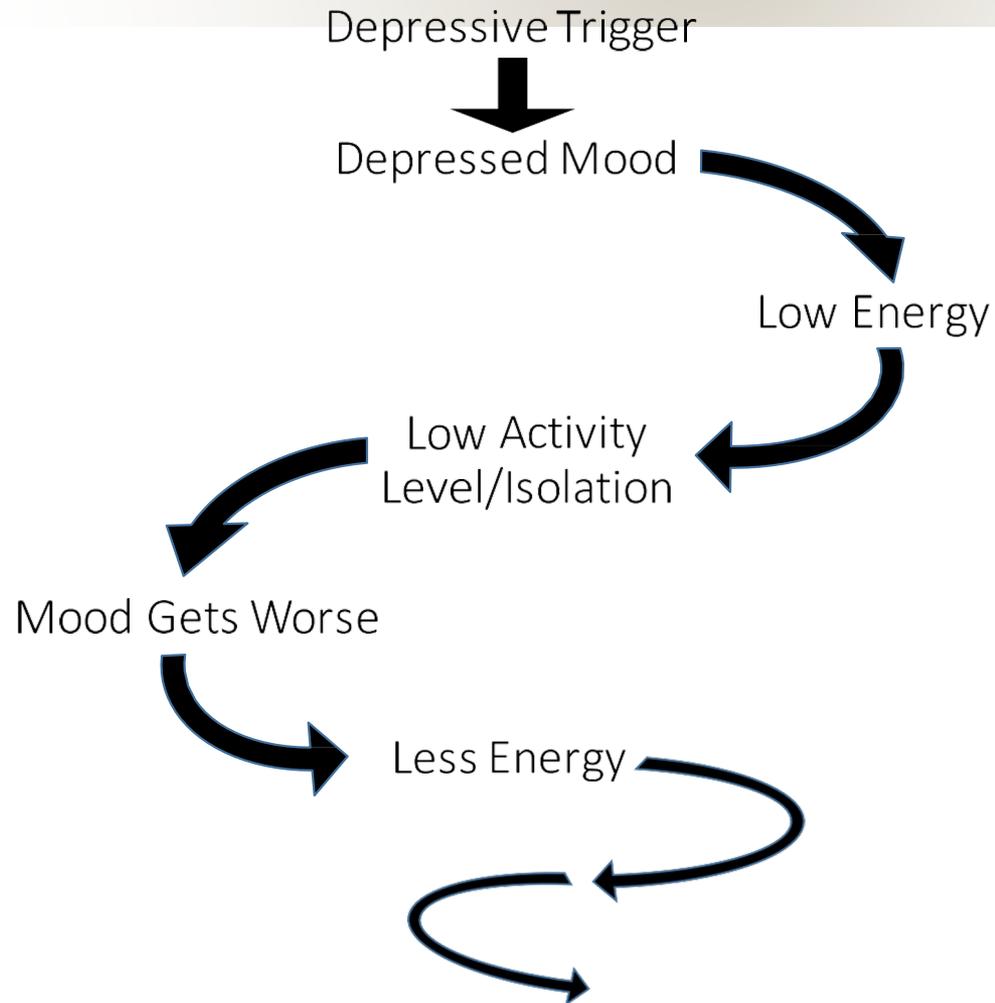
# Behavioral Activation

Most people believe they should wait to feel better before becoming more active.

In fact, *becoming more active comes first.*

Important for most depressed clients; even more important with more severely depressed clients.

# Depression Spiral





# ACTIVITY & MOOD MONITORING

# ACTIVITY MONITOR

	Day 5	Day 6	Day 7
6-7 am			
7-8			
8-9			
9-10			
10-11			
11-12 noon			
12-1 pm			
1-2			
2-3			
3-4			
4-5			
5-6			
6-7			
7-8			
8-9			
9-10			
10-11			
11-12 mid			
12-1 am			
1-2			
2-3			
3-4			
4-5			
5-6			

# When Reviewing The Monitor:

- What is client doing too much of?
- What is client doing too little of?





# ACTIVITY SCHEDULING



# Trouble-Shooting

Typical obstacles to following their schedule.

1. **Inertia**
2. Tasks appear Overwhelming
3. Clients are Pessimistic

# 5 minute rule





# Trouble-Shooting

Typical obstacles to following their schedule.

1. Inertia
2. **Tasks appear Overwhelming**
3. Clients are Pessimistic



# Trouble-Shooting

Typical obstacles to following their schedule.

1. Inertia
2. Tasks appear Overwhelming
3. Clients are Pessimistic

A decorative header strip at the top of the slide. It is divided into three sections: a left section with a white star on a green and yellow background, a middle section with a brown butterfly on a green and yellow background, and a right section with blue and white clouds over a yellow and green landscape.

# BEHAVIORAL EXPERIMENTS



## 4 Steps for Behavioral Experiments

- **Step 1: Prediction:** My mood won't improve at all if I go to Erin's picnic.
- **Step 2: Set up the detailed experiment:** Set a reminder on my phone for Saturday at 1pm for the picnic. Drive to the park. Erin said I don't need to bring anything. Record mood every 15 minutes on phone.



## Behavioral Experiments, cont.

- **Step 3: Record the Outcome:** My mood was a 2/10 before leaving. I initially didn't feel any better because I only knew Erin and she was talking to other people. Once Erin saw me, she introduced me to other people. My mood improved to a 4/10. By the time I left, my mood was 5/10, proving my mood improved when I was social. This shows relationships are important to me.
- **Step 4: What next?**

# Behavioral Experiments

## Set up activities as behavioral experiments:

- do they lead to client's feeling better?
- worse?
- or the same?
  
- What conclusions can they draw?
  
- Note: With severe depression, clients may not notice impact of behavioral activation for several weeks or more. (And tell them this!)



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# Conclusion

Training Evaluation

& Send Me Your Feedback

noahclyman@nyccognitivetherapy.com

<https://www.surveymonkey.com/r/H9P6GH5>

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# Feedback

