

Behavioral activation



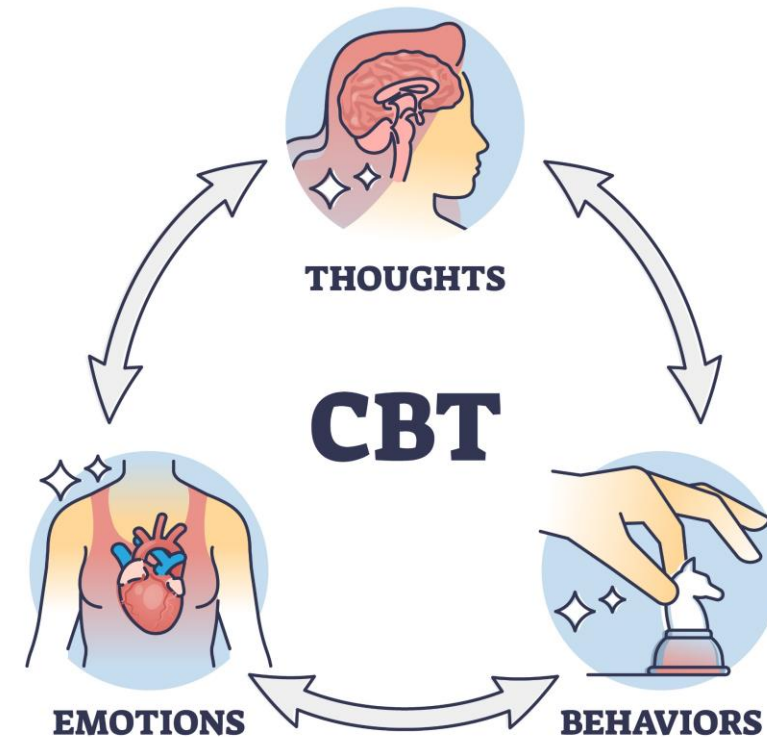
Learning objectives

- Explain the rationale for behavioral activation
- Identify appropriate behavioral activation goals depending on stage of treatment



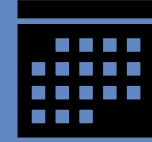
What is Behavioral Activation(BA)?

- Behavioral Activation is one of the most important Cognitive Behavioral Therapy (CBT) skills
- It is effective as an independent intervention
- It promotes insight into how behaviors influence emotions



Benefits of using behavioral activation

Short-term



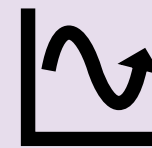
Evidence-based



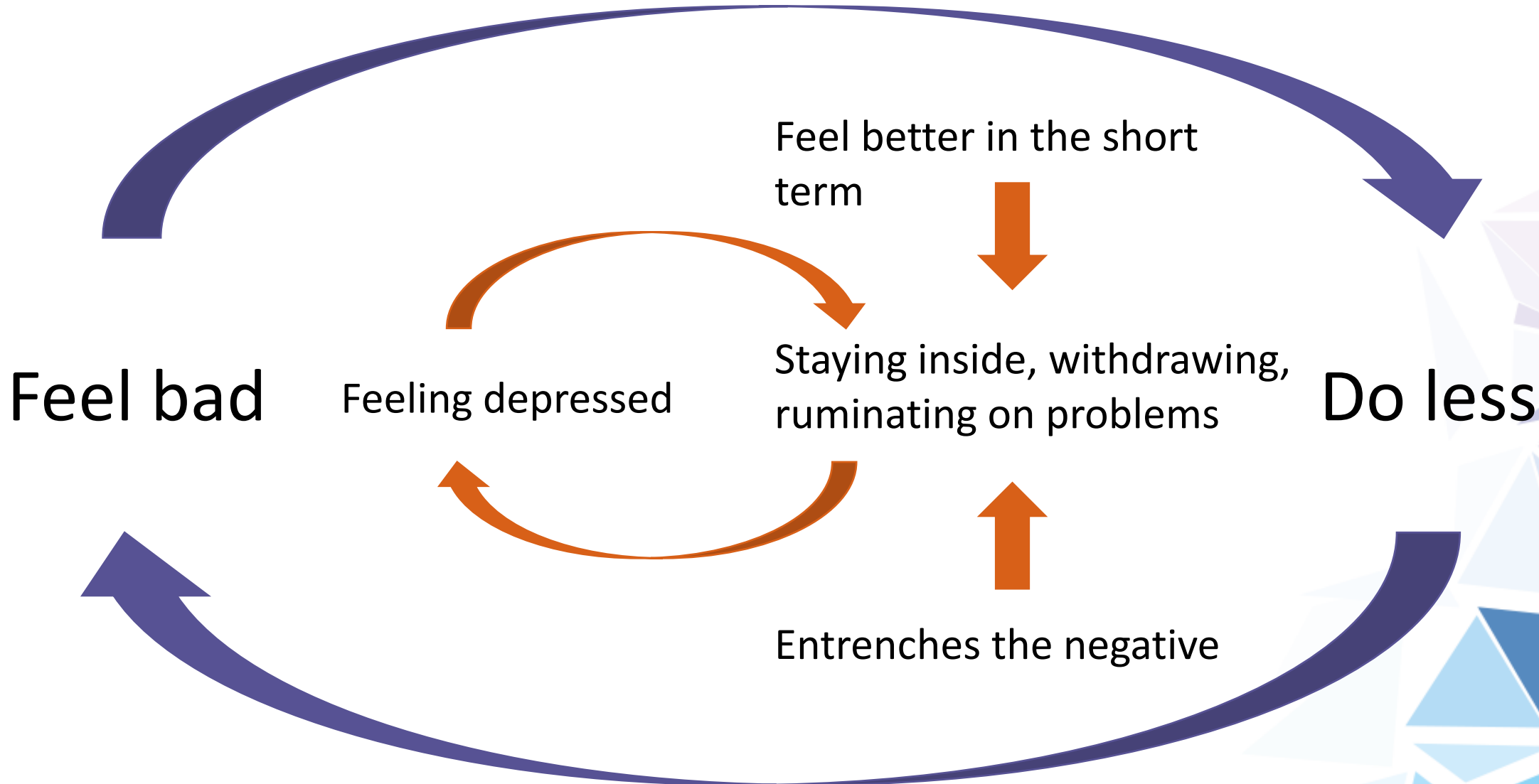
Patient-centered



Outcomes are measurable



The depression cycle



Behavioral Activation breaks the cycle

Feel a little
bit better

Do a little
bit more



How Behavioral Activation breaks the cycle

Depressive Cycle	Behavioral Activation
Inside-out	Outside-in
Motivation must come first.	Motivation follows action.
“As soon as I feel motivated, I’ll go for that walk I’ve been meaning to take.”	“I really don’t feel like it, but I told myself I’d take that walk.”

Benefits of Behavioral Activation



<https://www.youtube.com/watch?v=CvMnf2MwBcE>

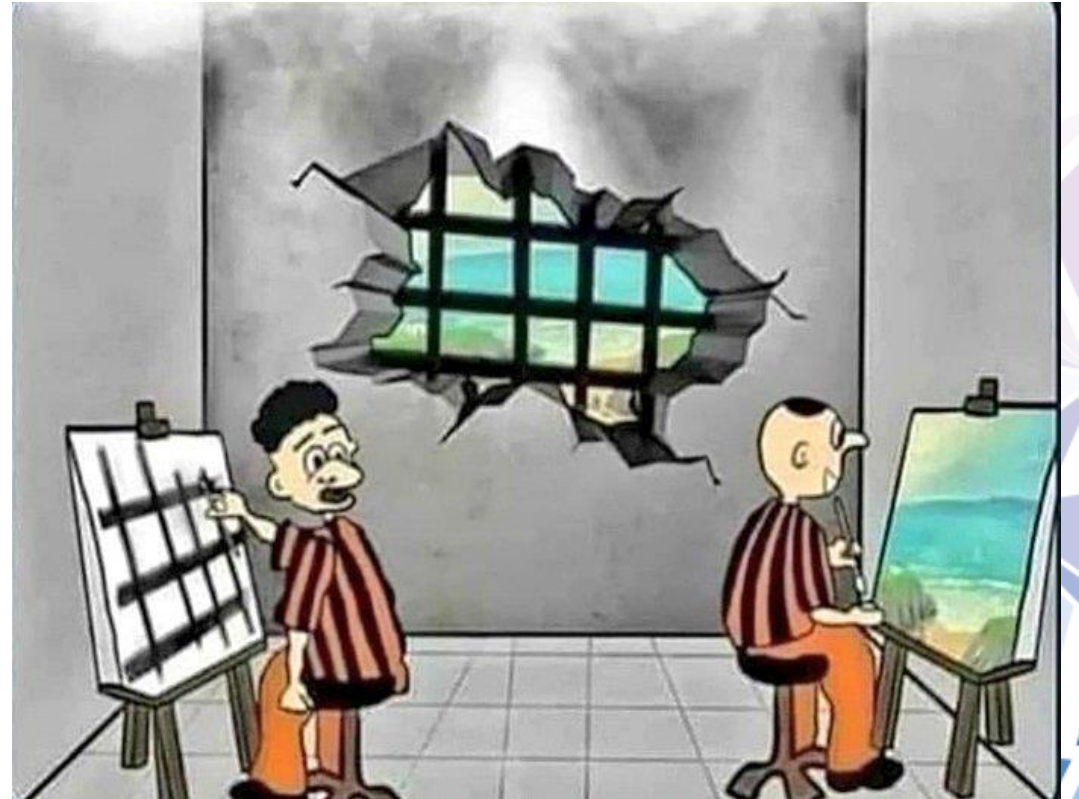
Steps of Behavioral Activation

1. Activity monitoring
2. Explore patient values and priorities
3. Identify goals
4. Create activity list
5. Activity planning
6. Follow up



Step 1: activity monitoring

- Can seem unnecessary or cumbersome
- Shifts perspective and experience
- Important first step



Activity monitoring process

Introduction and set up

- Set expectations
- Provide worksheets
- Complete for at least one week
- Review worksheet together

Reviewing the worksheet

- Highlight the higher scoring activities
- Notice which days were better
- Explore why these activities are pleasurable



Introducing activity monitoring



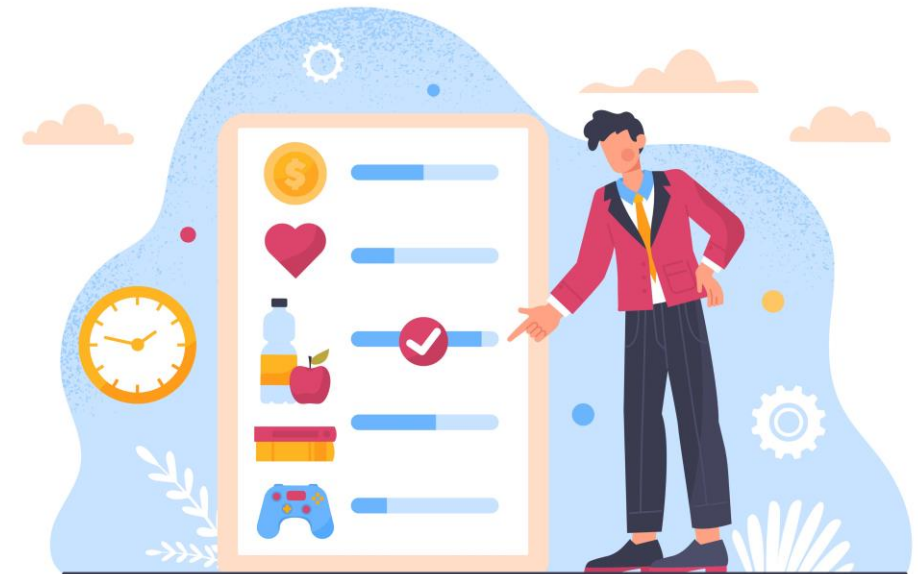
<https://www.youtube.com/watch?v=D1QKYLcvoU8>

Activity monitoring worksheet

	Friday	Saturday	Sunday	Monday
1:00pm		Shopping with friends- 8	Sleeping	Work- 5
2:00pm			Laid in bed- 2	Work- 5
3:00pm		Grocery shopped- 8	Laid in bed- 2	Work- 5
4:00pm		Baked with grandkids- 8	Made food and ate- 4	Work- 5
5:00pm		Dinner- 5	Laundry- 4	Work- 5
6:00pm	Snacked- 3	Movie night w/ grandkids- 8	TV- 5	Home/nap
7:00pm	TV- 3		Phone brother- 7	Dinner- 5
8:00pm	TV-3		Talked to spouse- 3	TV- 5

Step 2: explore patient values and priorities

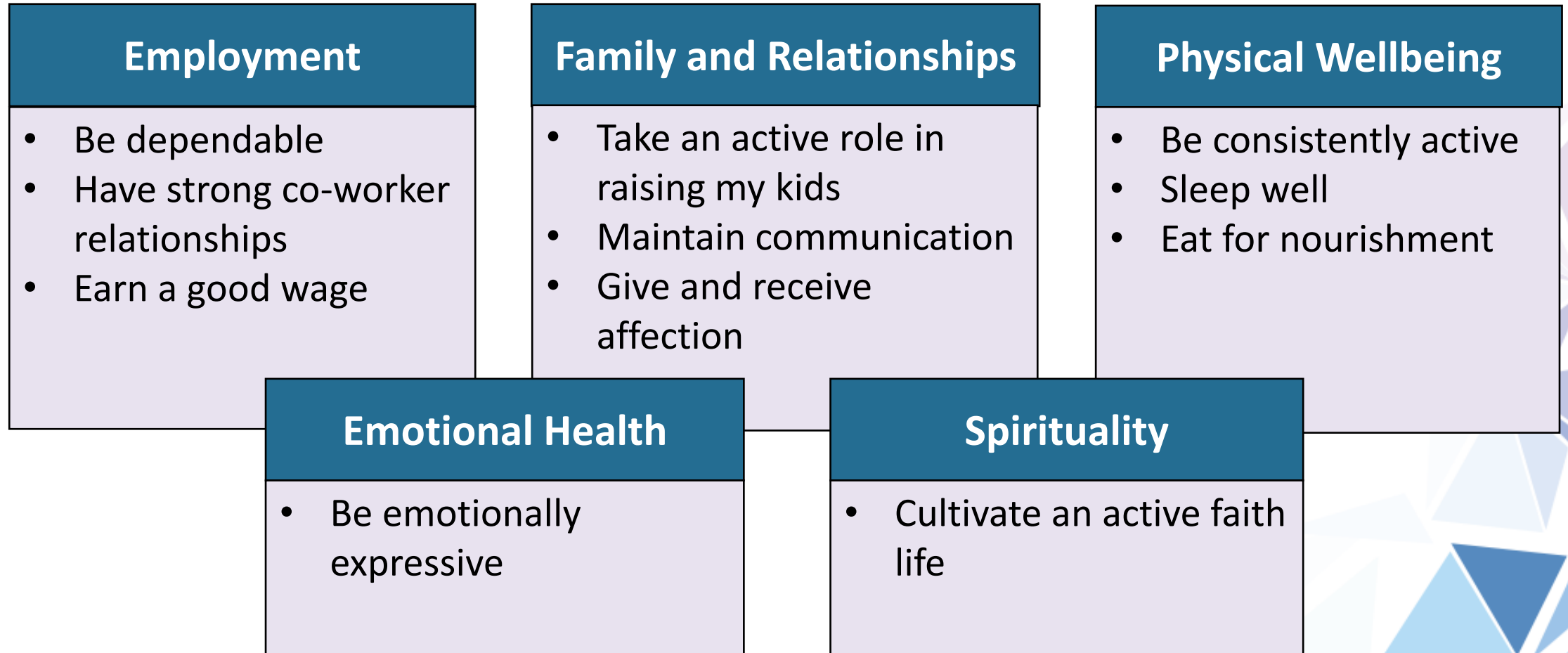
- Connecting activities to values amplifies:
 - Base motivation to initiate activity
 - Positive reinforcement
 - Motivation to stick with it
- Techniques and tools
 - Motivational interviewing
 - Open ended questions
 - “Magic” questions
 - Worksheets exploring specific life areas



Life areas



Examples of identified values by life area



Step 3: identify goals

- Use life areas and identified values to guide goal construction
- Goals vary by challenge level, and some may seem more readily attainable than others
- Can take on various forms (list, collage, pictures, etc.)

My Goals



Employment

- Go to work every day

Family and relationships

- Talk to my brother on Sundays
- Spend time with grandkids or friends outside of the house once every weekend

Spirituality

- Replace Facebook time with guided meditation at night

Step 4: create an activity list

- Brainstorm a list of activities
- Activities can be immediate or long range, easy or challenging
- Option to rate each by challenge level (i.e., 1-10)
- These will be the building blocks for activity planning

Activity List



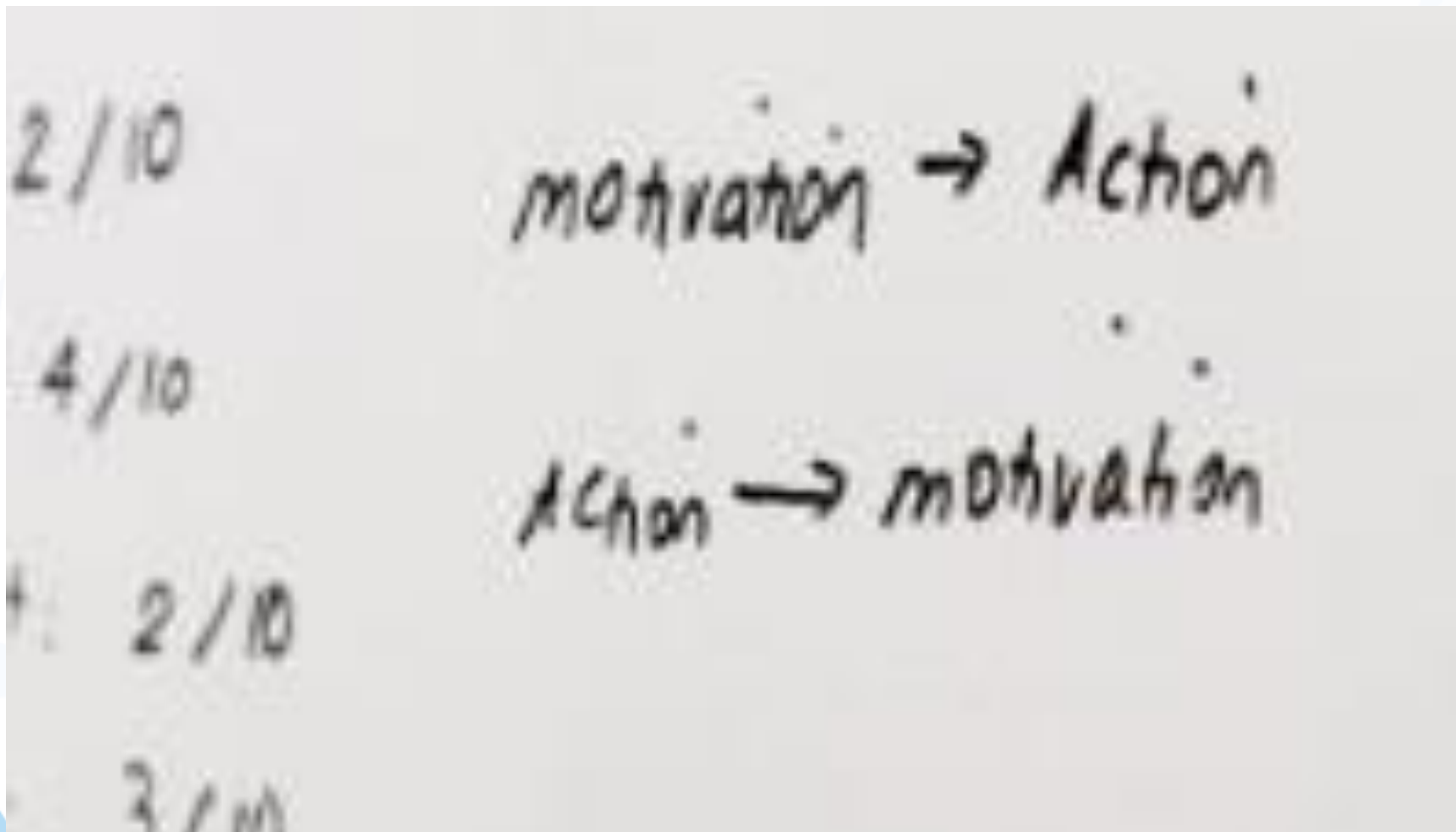
Employment

- Rideshare with someone so I have another reason to go to work (Level- 7)
- Set alarm for 6:30am (Level- 2)

Family and relationships

- Make plans with grandkids or friends for alternating weekends (Level- 5)
- Ask my brother to call me on Sundays (Level- 2)
- I call my brother (Level-4)

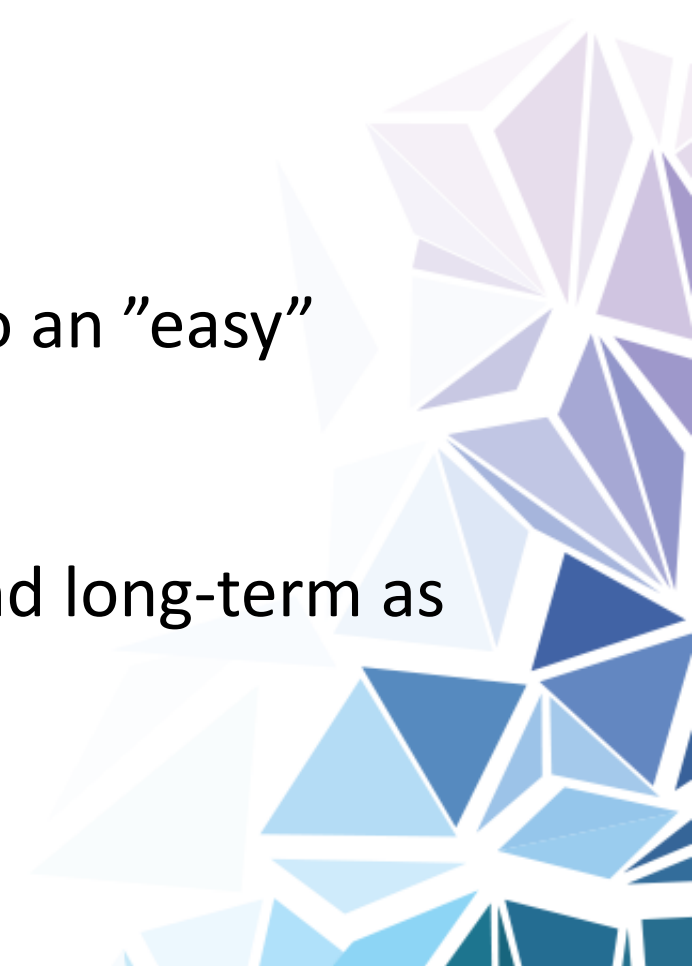
Planning pleasurable activities



<https://www.youtube.com/watch?v=3gNF10Zvyzc>

Activity planning

- Have patients choose an activity to begin working with
- Develop an activity plan using a SMART approach
- Encourage beginning with a short-term goal related to an “easy” activity
- Continue to increase activity goals both short-term and long-term as successes are gained



Step 6: follow up

- Follow up communicates the importance of the activity
- Agree on brief, frequent, check-ins

- Recognize success
- Normalize and troubleshoot barriers
- Model and encourage curiosity

- Brainstorm new approaches
- Alter plans that aren't working



Resources

- [The 10 Core Principles of Behavioral Activation](#)
- [Behavioral Activation Quick Guide](#)
- [Activity Monitoring Worksheet](#)
- [My Goals Worksheet](#)
- [Positive Activities Menu Worksheet](#)

