

INTRODUCING PST-PC TO THE PATIENT IN SESSION 1

1. EXPLAIN THE STRUCTURE OF PST-PC
 - 4-8 Sessions
 - Weekly or bi-weekly sessions
 - Session 1: 1 hour
 - Sessions 2-8: 30-minutes
 - Apply full PST-PC format each session
2. ESTABLISH LINK BETWEEN **SYMPTOMS AND DEPRESSION**
 - Assure understanding that depression causes symptoms
 - Collect brief list of key depressive symptoms
 - If necessary, use “Mind/Body” explanation
 - State that will track symptoms during treatment
3. ESTABLISH LINK BETWEEN **PROBLEMS AND DEPRESSION**
 - Unresolved problems worsen depression
 - PST-PC strengthens problem-solving skills
 - Improved problem solving lifts mood
 - Emphasize that improvement follows action
4. FACILITATE A PROBLEM-SOLVING ORIENTATION
 - Problems are a normal, predictable part of living
 - They are not unfair and should not be unexpected
 - Problems are a challenge to be addressed, not avoided
 - Negative mood is a sign that problems exist and cue to action
 - “Stop and Think”: Look for problem areas and start problem solving
5. DESCRIBE THE 7 STAGES OF PST
 - Defining, clarifying and breaking down problems
 - Establishing achievable goals
 - Generating multiple solution alternative: brainstorming
 - Implementing decision-making guidelines : pros and cons
 - Choosing the preferred solution(s)
 - Implementing the preferred solutions(s): Action Plan
 - Evaluating the outcome
6. ACTIVITY SCHEDULING
 - Depression causes people to stop doing enjoyable things
 - Planning enjoyable activities helps treat depression
 - We will focus on increasing pleasant events for each day
7. COMPILE A PROBLEM LIST
 - Focus on current problems
 - Allow patient to spontaneously report before cuing with Problem List Worksheet