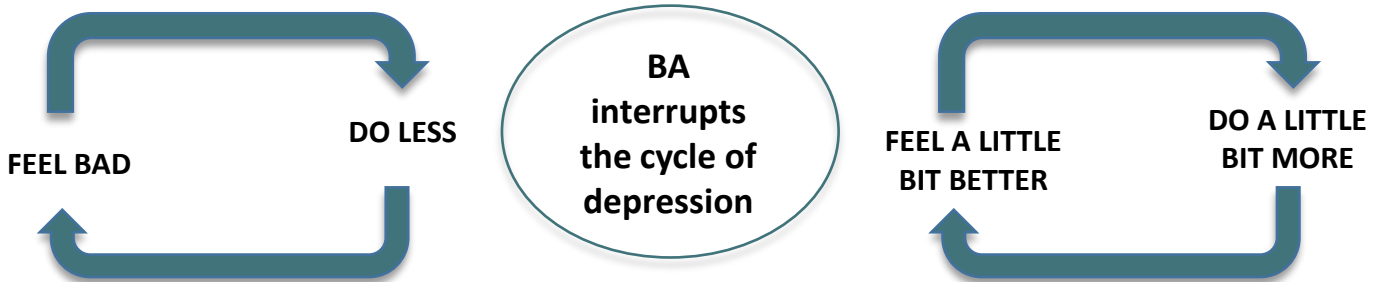




Behavioral Activation is a brief intervention that breaks patterns of avoidance and helps re-establish routines, thereby increasing pleasurable experiences and decreasing depression in patients.



Review key concepts of BA with your patient

- *Cycle of depression* – Depression is associated with avoidance of activities and a decrease in pleasurable experiences. This avoidance tends to worsen depression as people lose the opportunity for positively reinforcing experiences, thereby creating a cycle of depression
- *Outside-In approach* – Motivation follows action. This approach shows patients that completing an activity regardless of how they are feeling promotes positive feelings
- *Function of avoidance* – Avoidance helps in the short term by avoiding negative feelings, but harms you in the long run by trapping you in the cycle of depression
- *TRAP & TRAC* – Trigger-Response-Avoidance Pattern & Trigger-Response-Alternative Coping. Helpful in teaching patients to recognize when they are engaging in avoidance and teaches techniques to manage a stressful situation in a healthy way

**Psychoeducation
is key!**

TIP

Get curious about your patient!

Exploring your patients values and priorities is paramount to creating meaningful activity goals

**Activity charting
can be a useful
tool for patients
who lack insight
on how
behavior
impacts mood**

Time	Day and Date:
6:00 am	
Mood	
7:00 am	
Mood	
8:00 am	
Mood	
9:00 am	
Mood	

Setting Activity Goals

Remember: The patient is the expert in this step

- Generate a list of possible activities with the patient
- Look for activities that provide positive reinforcement to their mood
- Schedule the activity goals! Make sure they are SMART
- Check-in with your patient and troubleshoot barriers

Contact Us:

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**Additional materials available at
MCCIST.org**