

# Behavioral Activation



# Behavioral Activation Intervention



Short term



Evidence based



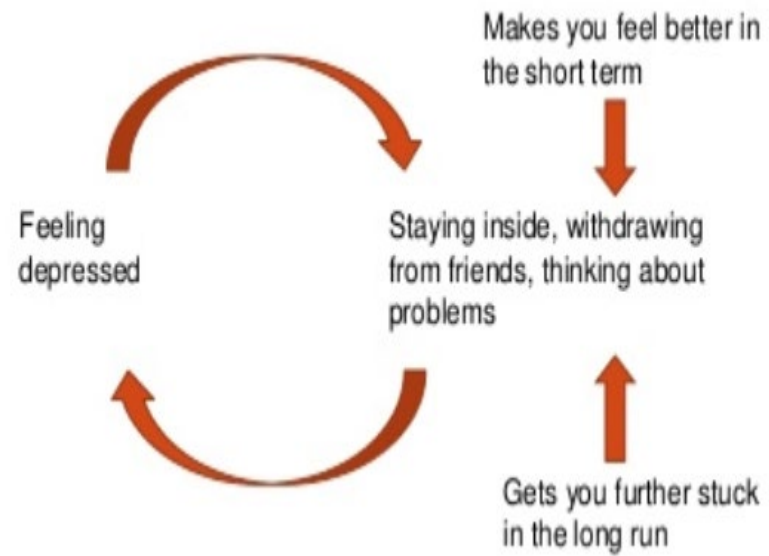
Focused on “external” factors vs.  
internal processes



Time sensitive/specific

# FEEL BAD

# DO LESS





**FEEL A LITTLE BIT  
BETTER**

**DO A LITTLE  
BIT MORE**

## INSIDE-OUT

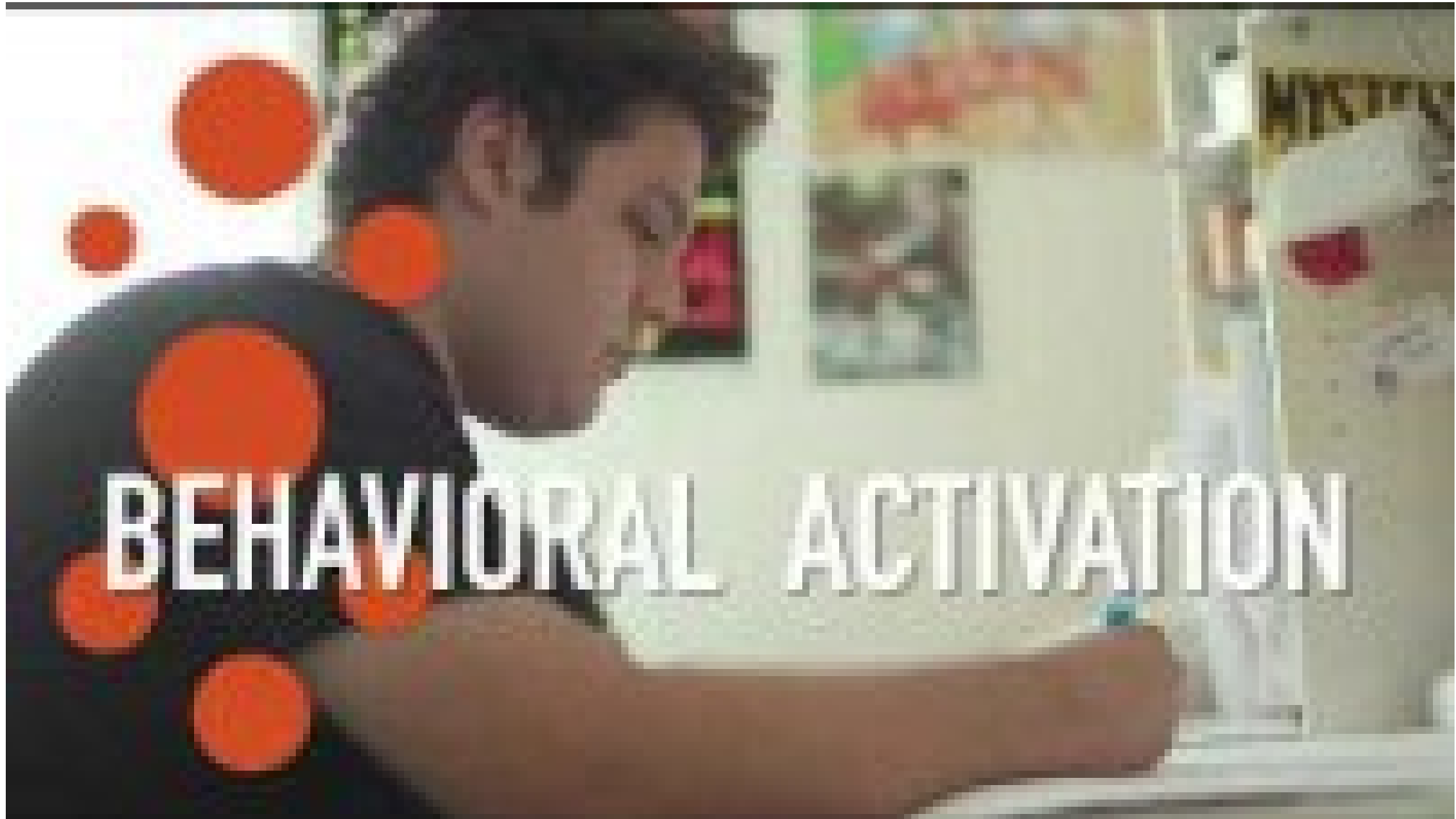
**Motivation must come first.**

**“As soon as** I feel motivated, I’ll go for that walk I’ve been meaning to take.”

## OUTSIDE-IN

**Motivation follows action.**

“I really don’t feel like it, but I told myself I’d take that walk.”



An example of Behavioral Activation

# Step 1: Activity Monitoring

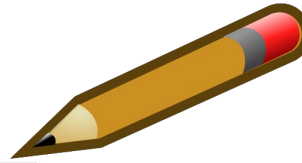
## An Important First Step!

- In order to know how to fix a problem, we need to know what's going on.
- To many, this might feel cumbersome or unnecessary but....
  - people tend to learn a lot about themselves
  - See things they otherwise would not





## Activity Monitoring Worksheet



Each hour record what you did and how you felt at the time using a 1-10 scale (1 being felt the worst, 10 being felt the best)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Sleeping	Sleeping	Ditto Monday	Ditto Monday	Ditto Monday		Sleeping
7:00		Shower- 6					
8:00		To Work-3				Shower-3	
9:00		Work-5				Late to work-3	
10:00						Work - 2	
11:00							Shower-6
Noon							shopping with friends - 8
1:00 PM							
2:00	Laid in bed- 2						
3:00	Laid in bed- 2						Grocery shopped - 8
4:00	Made food and ate-4						Baked with grandkids- 8
5:00	Laundry - 4						Dinner - 5
6:00	Watched TV - 5	Home/Nap				Snacked-3	Movie night w/ grandkids - 8
7:00	Watched TV - 5	Dinner-5				TV-3	
8:00	Phoned brother - 7	TV-5				TV-3	
9:00	Called to spouse - 3	TV-5				Slept	Home/laundry - 3
10:00	Paid bills- 7	TV-5					Facebook - 5
11:00	Picked up - 6	TV-3					Facebook-5
Midnight	Facebook - 5	TV-3					Slept
1:00 AM	Facebook- 5	Facebook-5					
2:00	Internet Surf - 5	Sleeping					
3:00	Slept -						
4:00							
5:00							

Shopping with friends - 8

Grocery shopped - 8  
Baked with Grandkids- 8  
Movie Night with Grandkids- 8

Phoned brother - 7

### Review:

- Highlight the higher scores whatever they are;
- Saturdays may be better days;
- Explore why these activities are pleasurable

## Tips:

- Provide worksheets
- Documentation can be simple
- Complete for ~1 week
- Review worksheet together

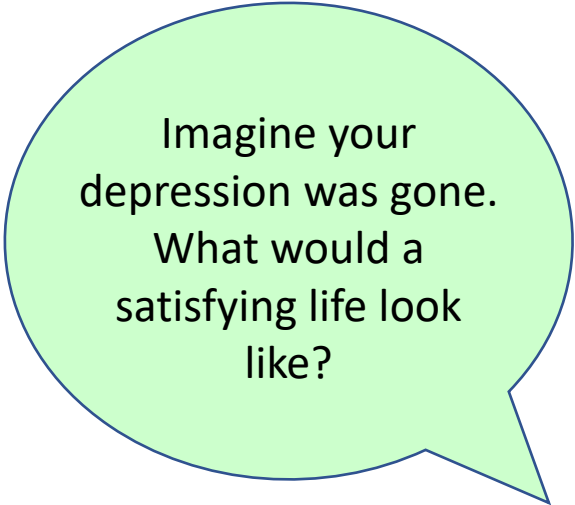
# Step 2: Explore Patient Values & Priorities

## Connecting activities to values amplifies:

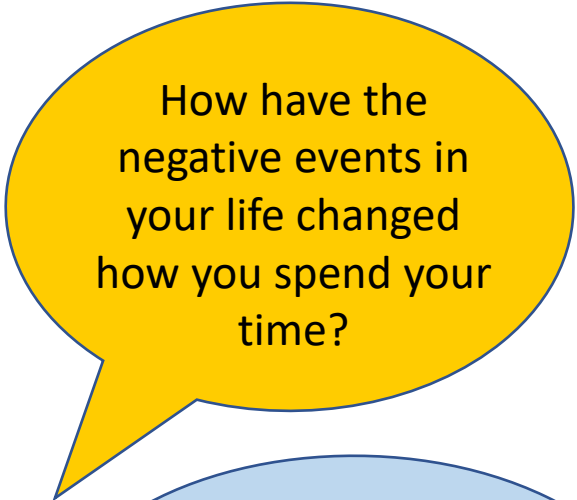
- base motivation to initiate activity
- positive reinforcement
- motivation to stick with it

## Techniques/Tools

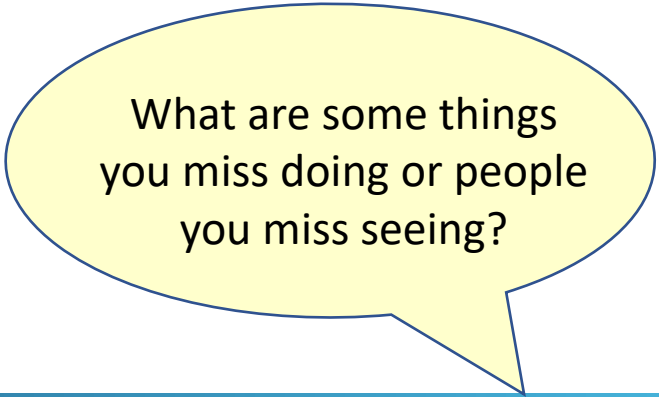
- Open ended questions
- “Magic” questions
- Worksheets
- Exploring specific life areas




Imagine your depression was gone. What would a satisfying life look like?



How have the negative events in your life changed how you spend your time?



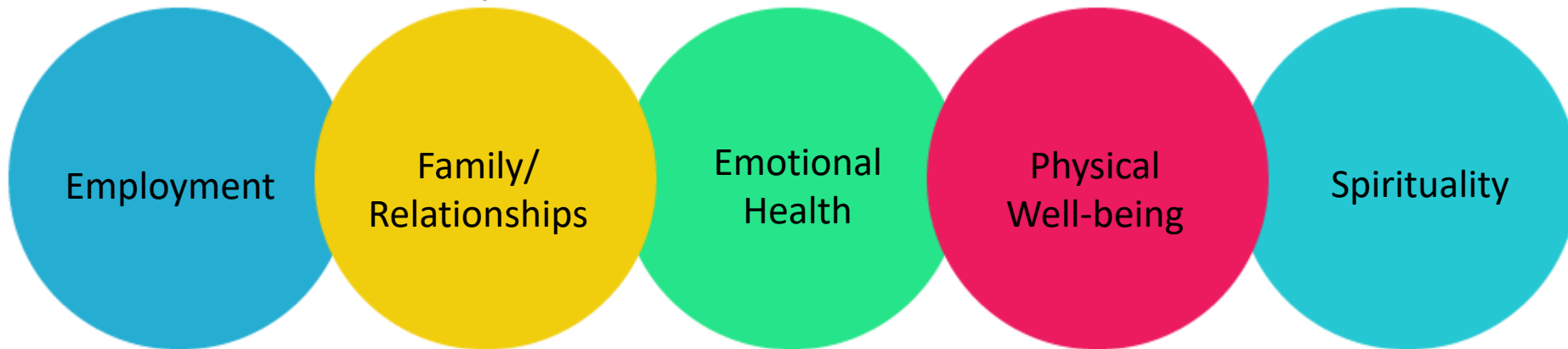
What are some things you miss doing or people you miss seeing?



If you designed a perfect day, what would you do and why?

# Life Areas

*Different areas of life can be used as a guide to help patients consider their values/priorities in each area.*



# Examples of Identified Values by Life Area

## Employment



- Arrive on time
- Establish good relationships with my co-workers
- Be reliable
- Earn a good wage

## Family Relationships



- Take an active role in raising my kids
- Establish a sense of trust
- Maintain communication
- Give and receive affection

## Emotional Health



- Take time to recharge
- Express my feelings in healthy ways

## Physical Well-being



- Work physical activity into my workday
- Go to bed at the same time every night
- Eat regular, healthy meals

## Spirituality



- Attend services regularly
- Rejoin the choir
- Meditate every morning
- Walk in the woods alone once a week

# Step 3: Identify Goals

- Use identified values to guide goal construction
- Brainstorming rules apply here
- Goals vary by challenge level
- Goals vary by type – two types of goals



Pleasure



Mastery

# Pleasure

- Activities enjoyed just for the sake of the activity itself (there is typically no greater goal or learning attached)
- Hobbies, games, nature, friends, and some sensory activities (e.g. a warm bath)



# Mastery

- Skill development in a particular area
- Example areas include career, sports, learning an instrument, or an art



# Outcome of Step 3: Master List of Goals

- Can take on various forms (list, collage, pictures, etc.)
- Work together
- Some may seem more readily attainable than others



## My Goals

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Goals can exist in various areas of our lives. Sometimes in setting goals it's helpful to think about the different areas of our lives and what we'd like to accomplish in those areas if we had all the time, motivation, energy and resources in the world. Below brainstorm goals in the different areas of your life.

### Employment:

1. Go to work every day

### Family Relationships:

1. Call my brother on Sundays
2. Spend time with grandkids or friends outside of the house once every weekend

### Emotional Health

1. Tell my spouse what he does that helps me feel better

### Physical Wellbeing

1. Plan and shop for healthy meals

### Spirituality

1. Replace Facebook time with guided meditation at night

### Other/Undetermined

1. Wear something red every day (favorite color)

# Step 4: Create Activity List

- Brainstorm a list of activities (anything goes)
- Activities can be immediate or long range
- Activities can be easy or challenging
- Option to rate each area on type of goal (pleasure or mastery) and/or by challenge level (i.e. 1-10; easy to challenging)



These will be the  
building blocks  
for Activity  
Planning!

# Example: Activity List

Employment			Family/Relationships			Emotional Health		
Activity	CS	M/P	Activity	CS	M/P	Activity	CS	M/P
Ride share with someone so I have another reason to go to work.	7	M	Make weekend plans with grandkids or my friends on alternating weekends	5	P	Write a letter to my spouse explaining what helps me feel better and what makes it worse – then give it to him.	10	M
Set alarm for 6:30 AM	2	M	Ask my brother to call me on Sundays	2	P	Write down something I'm grateful for every day on my calendar	4	M
			I call my brother	4	M	I wear something red everyday	1	P

Physical Well-Being			Spirituality		
Activity	C S	M/ P	Activity	C S	M/ P
Make a meal plan for the week – easy meals on weeknights	7		On weeknights find a meditation App or site and do a guided meditation instead of, or at least before, I go on Facebook	3	P
Grocery shop for the ingredients on the weekend	6				

## Step 5: Activity Planning

- Have patients choose an activity to begin working with
- Develop an activity plan using a SMART approach to develop a short-term goal related to an activity with a low number of difficulty on the activity sheet.
- Continue to increase activity goals both short term and long term as successes are gained.

# Step 6: Follow Up!

- 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



# What's Next?



- This is a systematic, gradual process – keep scheduling!
- Continue doing the things that worked
- Incorporate new activity goals to keep it fresh and to graduate up

# Resources

- There are a variety of BA and SMART Goal worksheets materials available online
- Among the handouts for today's session are:
  - BA TIP Sheet
  - Activity Monitoring Worksheet
  - “My Goals” Worksheet
  - Positive Activity Menu Worksheet



Questions?  
Comments?  
Discussion?

