



CoCM Base Training

Behavioral Activation

Today's Presenters

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Disclosure

The organizations, or the presenters, do not have any financial interest, relationships, or other potential conflicts, with respect to the material which will be covered in this presentation.

Behavioral Activation

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

Behavioral Activation

- Evidence based
- Focused on “external” factors rather than internal deficits of individuals
- Time sensitive

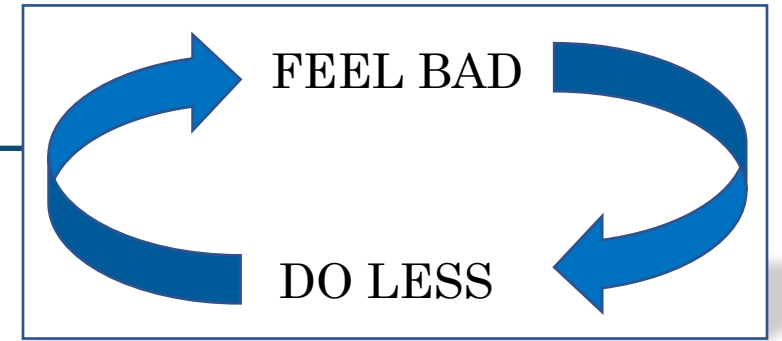


What is Behavioral Activation?

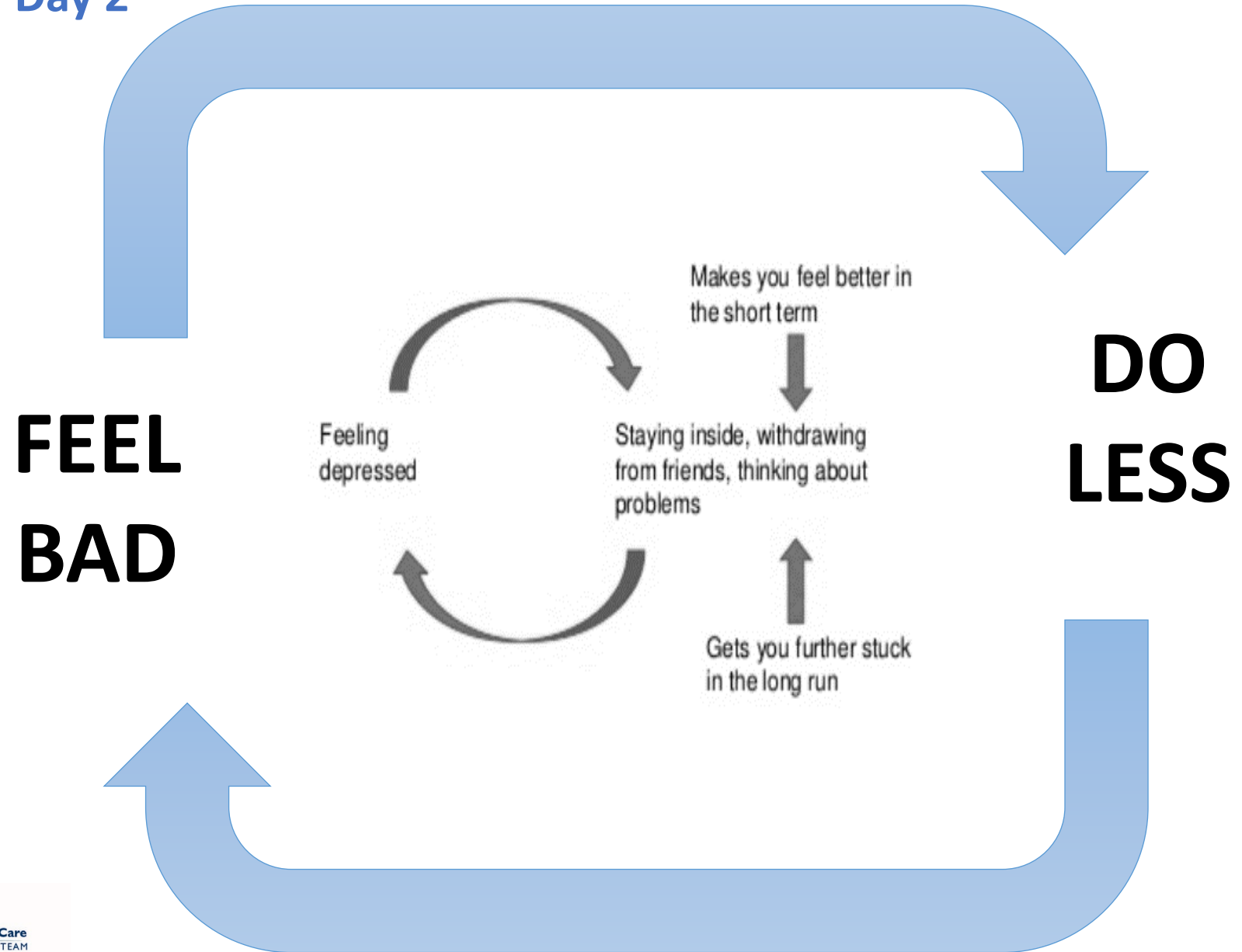
- **Structured, brief psychosocial approach**
- Based on **premise that problems** in vulnerable individuals' lives **and behavioral responses reduce ability to experience positive reward** from their environments
- **Aims to systematically increase activation** such that patients may experience greater contact with sources of reward in their lives and solve life problems
- **Focuses directly on activation and on processes that inhibit activation**, such as escape and avoidance behaviors and ruminative thinking

When Do I use BA?

- Moderate to severe depression
- When patient lists too few pleasurable activities as a problem
- When patient's problem is outside of their control
- When the solution to patient's problem is noxious
- When patient insists, they have no problems to work on



See Handout #3 of Day 2



Activity Monitoring

An Important First Step!

In order to know how to fix a problem, we need to know what's going on!

- While it doesn't resolve the depression, it can create understanding (the first step)

To many, this might feel meticulous or unnecessary

- However, people tend to learn a lot about themselves.



Tips

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

*See Handout #4
Activity Log*

Month: _____

Activity Log						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Notes:

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**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.”

Explore Values & Priorities

- What are you doing more or less of since (you lost your job, began dealing with chronic pain, got out of a relationship)?
- What are your goals/values?
- What do you see other people doing that you wish you could?
- What is the relationship between specific activities/life contexts/problems and mood?
- Explore what is getting in the way of acting differently or feeling better.

Values

- Our values reflect what we find meaningful in life. They are what you care about, deep down, and what you consider to be important.
- They reflect how we want to engage with the world, with the people around us, and with ourselves.
- Values are different from goals. Goals can be achieved whereas values are more like directions that we want to head in.

Values

Connecting activities to values can provide more positive reinforcement over time (and an urge to stick with it) than randomly selected activities



It can be helpful to have patients think through different *life areas*, and then consider their values, e.g.:

Spirituality

Physical
well-being

Family
relationships

Emotional
health

Employment

Examples of Values

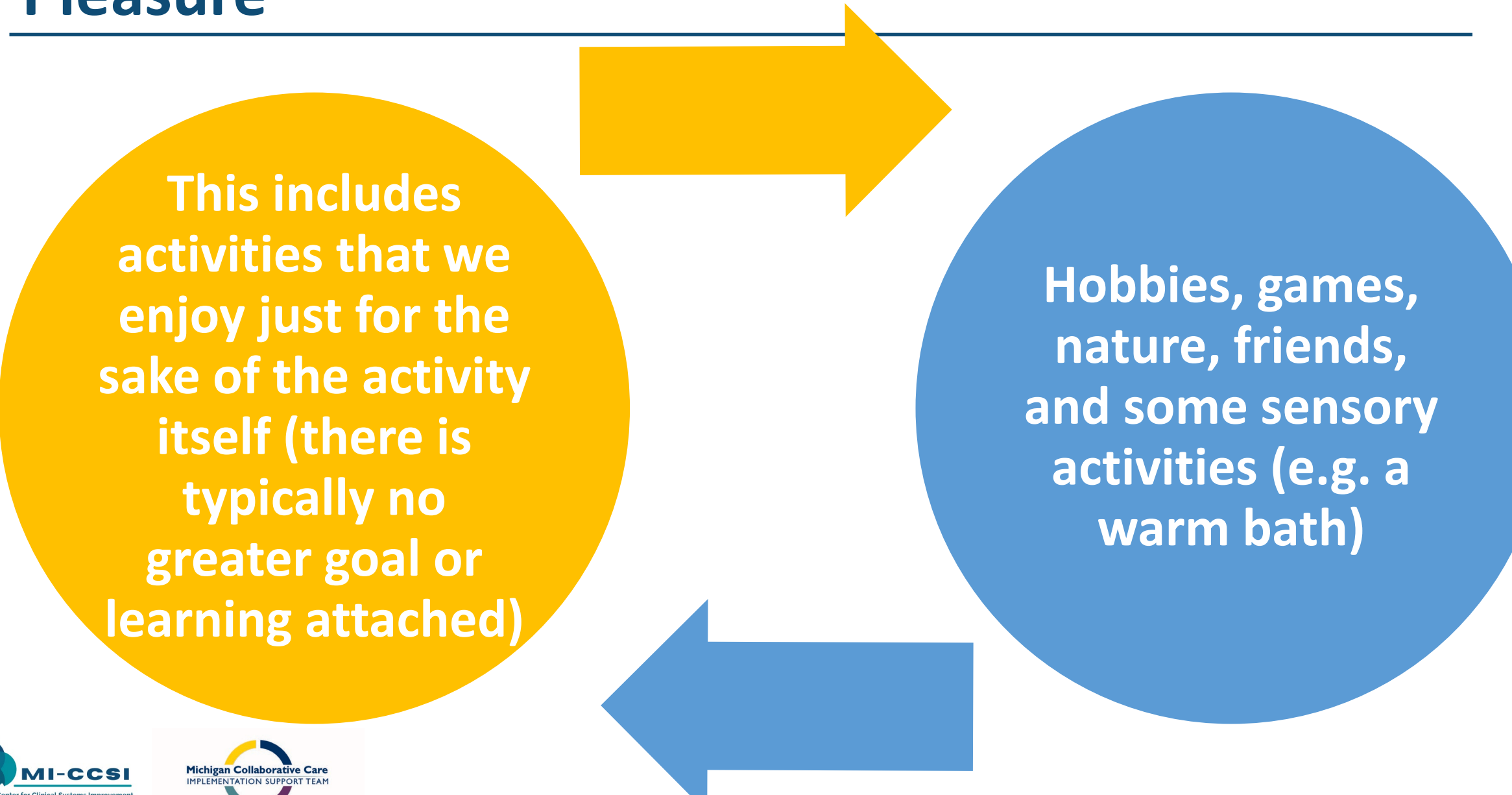
Family relations

- Work on current relationships
- Spend time with family
- Take an active role in raising my children
- Maintain consistent healthy communication

Marriage/couples/intimate relationships

- Establish a sense of safety and trust
- Give and receive affection
- Spend quality time with my partner
- Show my partner how much I appreciate them

Pleasure



This includes activities that we enjoy 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 or accomplishment in a particular area
- Example areas include completing a puzzle, organizing a drawer, working on an instrument, cooking a meal

Work together to create a “Master List” of activities

This will help prepare for the next step:

- Activity Planning!

<u>Pleasure</u>	<u>Mastery</u>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

<u>Valued Activities</u>
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Develop a Plan

List the specific steps - creating the self management action plan!

Start with (SMART Goals)

- Specific
- Measurable
- Achievable
- Relevant
- Timeline

Don't Forget to Follow UP!

Checking in communicates importance and value

In the case of success, praising efforts can be very reinforcing and rewarding

In the case of falling short

- This can be hard, and it's also okay! Try not to get discouraged
- Opportunity to troubleshoot further:
 1. "What got in the way?"
 2. "What might work better?"
 3. "How is this activity goal feeling to you? Would you like to modify?"

Now what?

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

Questions?

Thank You