

SESSION

11

DEPRESSIVE SYMPTOMS INTERVENTION

SESSION HANDOUTS

The following materials are included for you to utilize during Session 11 of this module:

Handout 11.1: Restructuring Thoughts I

Handout 11.2: Restructuring Thoughts II

Handout 11.3: Self Mapping

Handout 11.4: Catch the Positive

Handout 11.5: Active Coping

Handout 11.6: Thought-Feeling, New Thought-New Feeling

Handout 11.7: The 5Ps

Handout 11.8: The 3Ps

Re-Structuring Thoughts 1

Thought: _____ Belief: 1-100% _____

Evidence for the thought

Evidence against the thought

New Thought: _____ Belief: 1-100% _____

Re-Structuring Thoughts 2

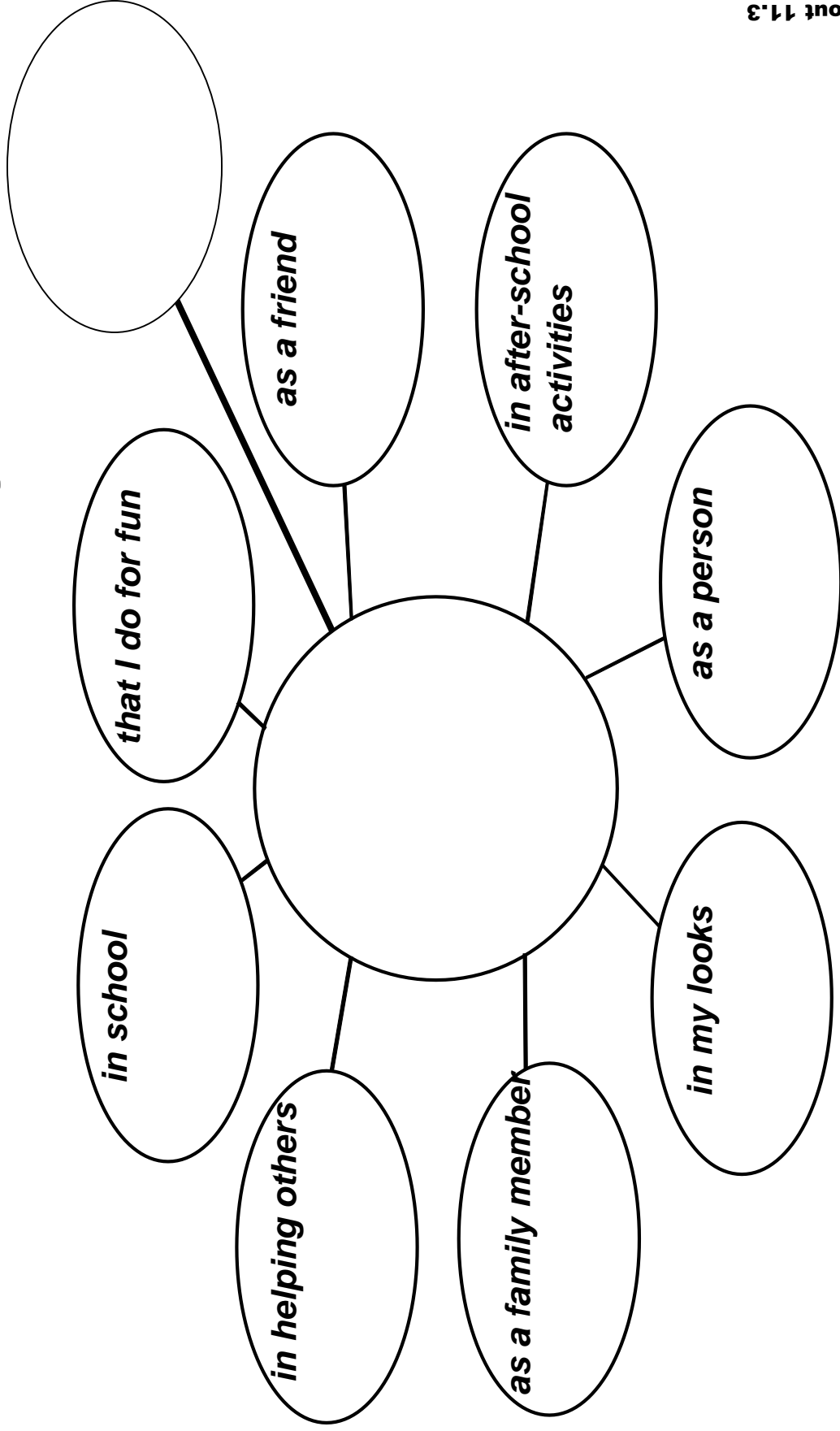
Situation: _____

Thought: _____ Belief: 1-100% _____

What's another way to look at it?

New Thought: _____ Belief: 1-100% _____

Self Mapping



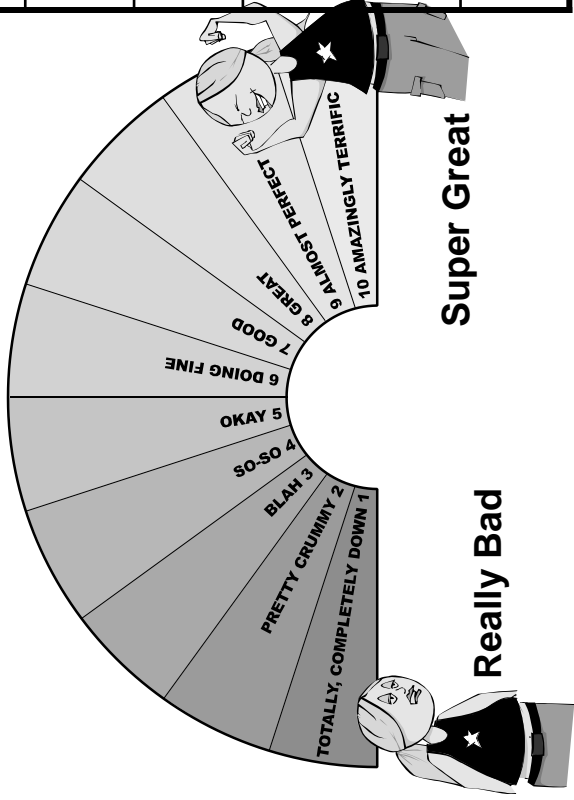
Catch the

Positive!

Check off each activity you did this week and then rate your mood for the day from 1-10 at the top of the chart.

Name: _____

Date: _____



M T W Th F Sat Sun

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Catch the Positive!

Mood Rating for the Day

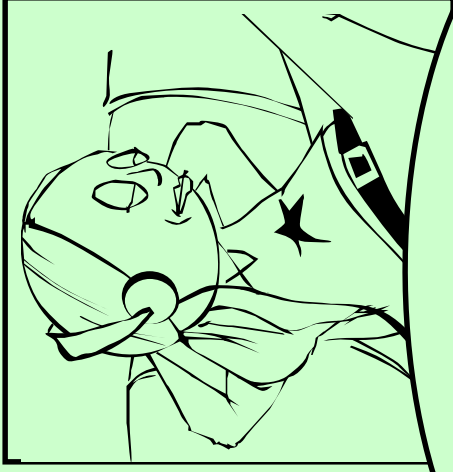


Pleasant Events

Active Coping



Notice when you are feeling an negative emotion and try a coping strategy to help yourself feel better. Describe what you felt and what you did using the form below.

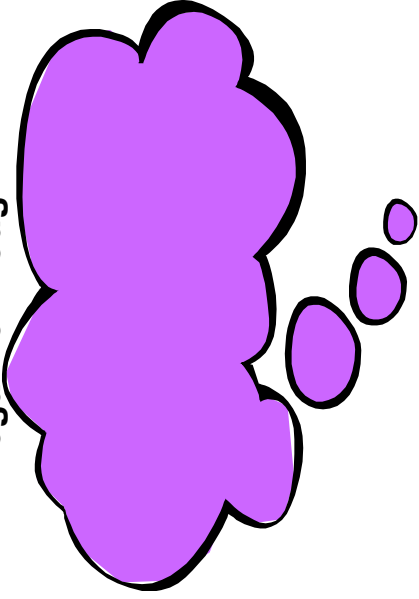


I was feeling _____

So I tried to take ACTION by _____ and then I felt _____.

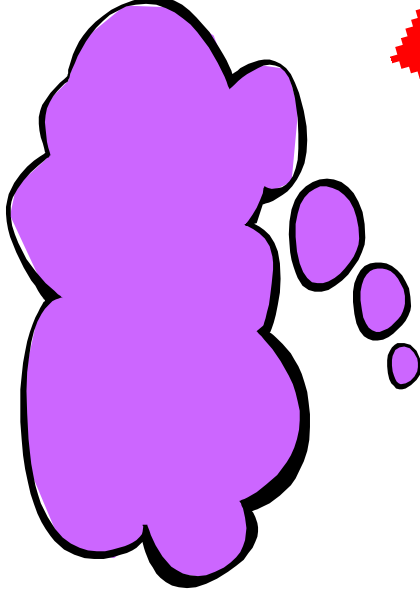


Negative Thought

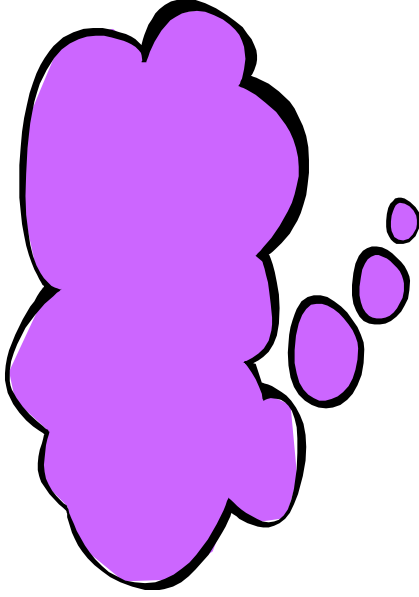


Thought-Feeling, New
Thought-New Feeling

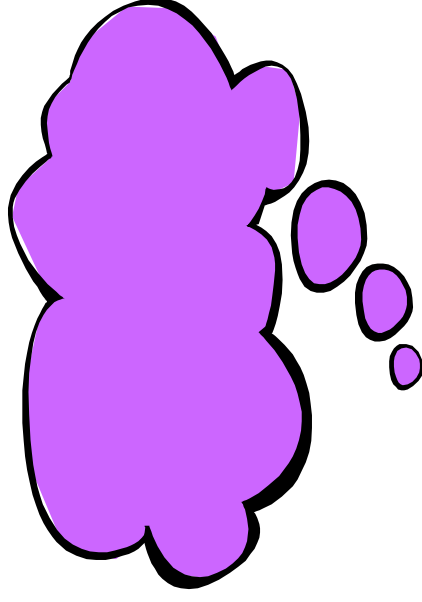
Coping Thought



Feeling

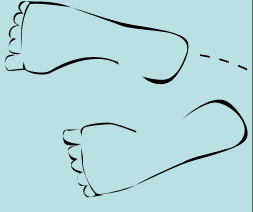


New Feeling



Notice a time when you have a problem. Write about your problem and how you solved it by going through the 5 P's.

Problem Solving Using the 5Ps (For use with older children)



What's the **problem**? The problem is _____

What's the **purpose**? What I want to have happen is _____

What are some **plans**? I could 1. _____

2. _____

3. _____

4. _____

5. _____

Predict and pick the best plan. It is _____

How did it work? It worked _____

Pat yourself on the back!

DAY: _____

Notice a time when you have a problem. Write about your problem and how you solved it by going through the 3 P's.

Problem Solving Using the 3Ps (For use with younger children)

What's the **problem**? The problem is _____

What are some **plans**? I could 1. _____

2. _____

3. _____

4. _____

5. _____

Pat yourself on the back!

DAY: _____