

SESSION

13

DEPRESSIVE SYMPTOMS INTERVENTION

SESSION HANDOUTS

The following materials are included for you to utilize during Session 13 of this module:

Handout 13.1 Self Mapping

Handout 13.2: Restructuring Thoughts I

Handout 13.3: Catch the Positive

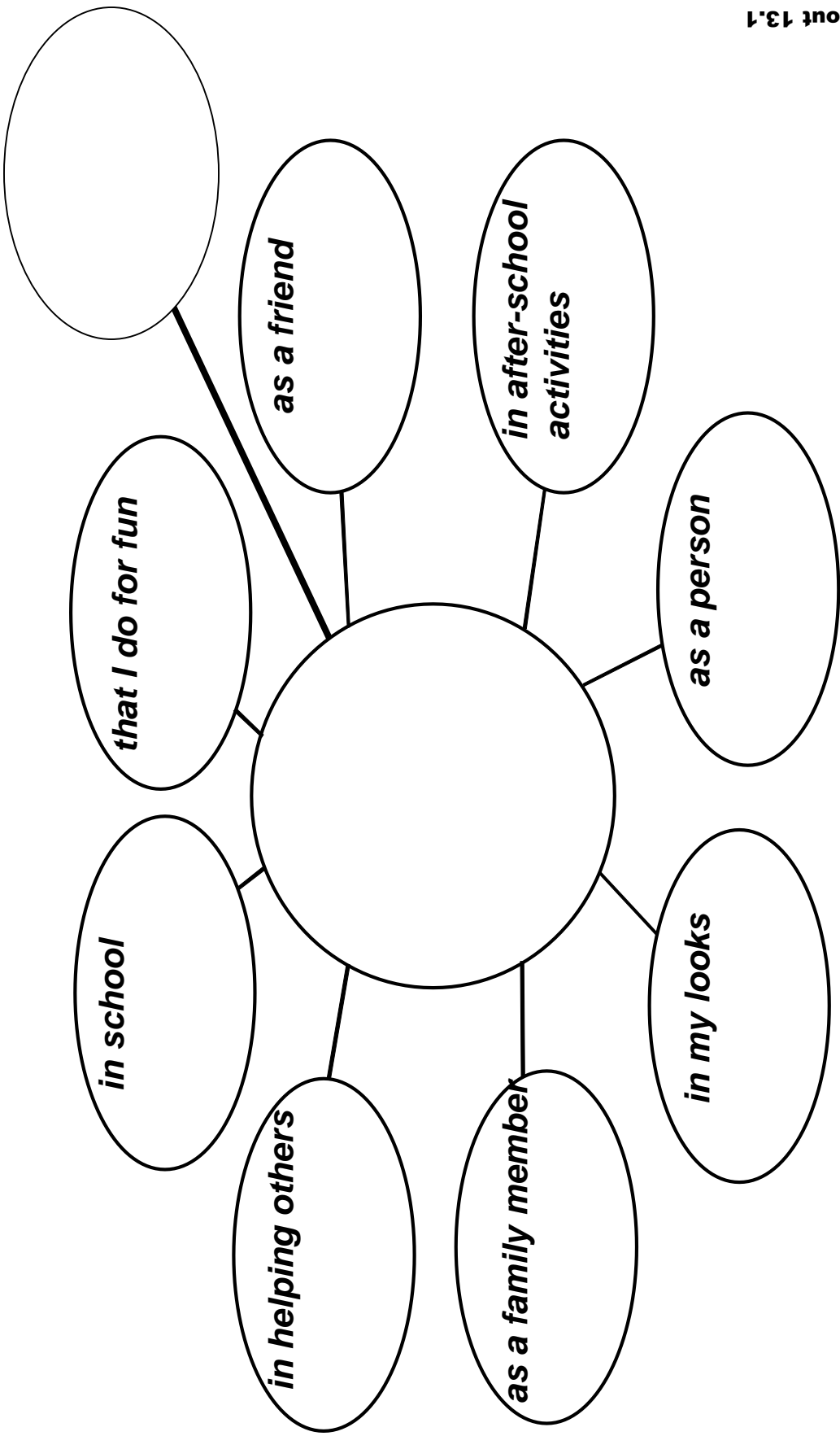
Handout 13.4: Active Coping

Handout 13.5: Thought-Feeling, New Thought-New Feeling

Handout 13.6: The 5Ps

Handout 13.7: The 3Ps

Self Mapping



Re-Structuring Thoughts 1

Thought: _____ Belief: 1-100% _____

Evidence for the thought

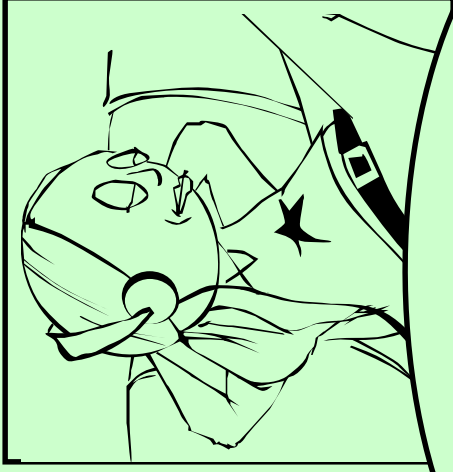
Evidence against the thought

New Thought: _____ Belief: 1-100% _____

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.

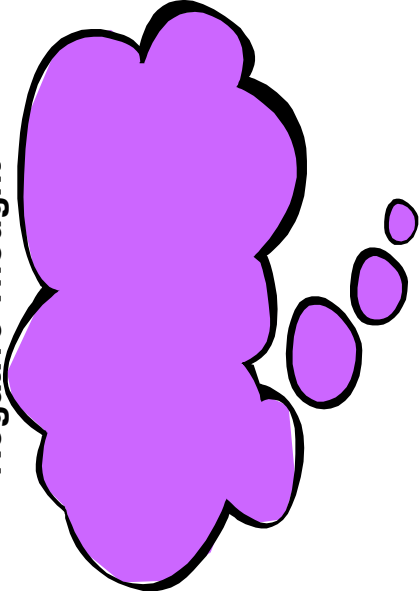


I was feeling _____

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

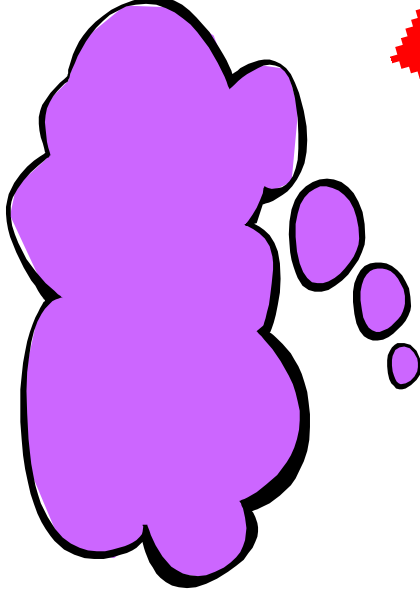


Negative Thought

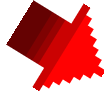
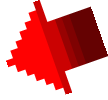


Thought-Feeling, New
Thought-New Feeling

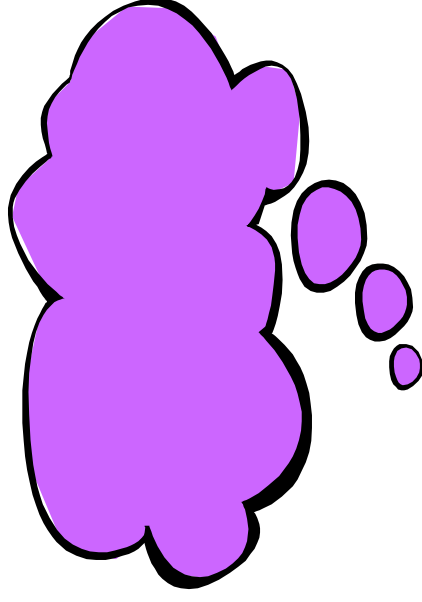
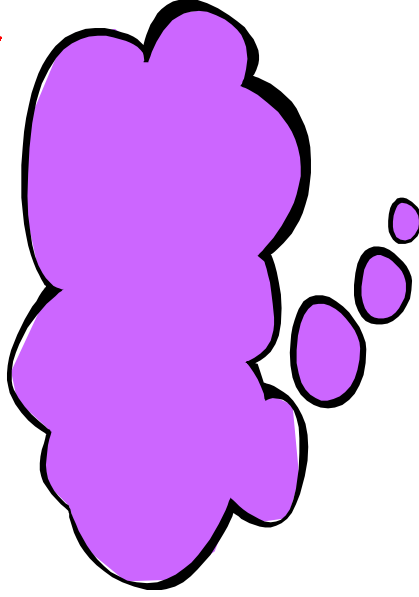
Coping Thought



Feeling

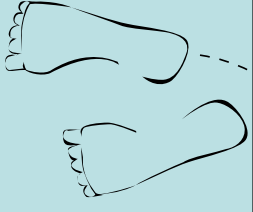


New Feeling



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: _____