

St Joseph's PROS Program Curriculum

Course Title: Cognitive Behavioral Therapy for Depression

Frequency and Duration: weekly @ 60 minutes, for 12 weeks

Component and Service: CRS:WSM

Course Overview/ Description:

There is an overwhelming amount of information on defeating depression, including many different ideas on how this might be done. This class will use recent developments in the area of cognitive behavior therapy to empower participants to make changes in thoughts and behaviors known to reinforce the symptoms of depression. Methods used include homework, class discussion, journaling and in class activities.

Goals: Participants will acquire depression management skills and apply them in order to move closer to recovery goals such as employment and volunteering.

Expected outcomes: Participants will report decreased symptoms of depression at the conclusion of this class.

Modules:

1. Introduction/Echoes of depression
2. Preparing for positive change
3. Master Plan for defeating depression
4. Recognizing depressive thinking
5. Using reason against depressive thinking
6. Shedding a cloak of mental misery
7. Defeating depressive beliefs
8. Ending worthlessness thinking
9. Defeating helplessness thinking
10. Low frustration tolerance
11. Dealing with emotional stresses
12. Special cognitive and behavioral techniques