

**Allegany Rehabilitation Associates  
Personalize Recovery Oriented Services**

**Title of Service: Depressive Disorders**

**Total Number of Sessions: 13**

**Duration of each session: 45 minutes**

**PROS Service: CRS WSM Disability Education**

**Target population:**

- **Diagnoses:** Depressive Disorder, Anxiety Disorders, Personality Disorders and Substance Abuse Disorders
  
- **Barriers to be overcome:**
  - Difficulty managing symptoms of depression.
  - Lack of knowledge or understanding of their diagnosis.
  - Difficulty identifying and implementing coping strategies to help manage symptoms.
  - Low self-esteem
  - Poor stress management skills
  - Difficulty communicating needs and building a support system.

**Service Goal:** Assist participants in understanding, recognizing and coping with their depression in order to improve their quality of life.

**Service Objectives:**

- Participants will learn the definition of depression and the signs, symptoms and causes of depression.
- Participants will learn behavior strategies for coping with depression.
- Participants will learn how their thoughts influence feelings and how to uncover unhelpful thinking styles and challenge their unhelpful thinking styles.
- Participants will learn to identify and challenge their core beliefs.
- Participants will learn coping strategies to help maintain symptoms of depression.

**Source:** The Depression Workbook; A Guide for Living With Depression and Manic Depression; Copeland, Mary Ellen and McKay, Matthew, 1992.

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**Title of Service: Depressive Disorder**

**Session: 1**

**Duration:** 45 minutes

**Service Objective(s):** Participants will be able to identify symptoms, causes, and treatments for depression and bipolar.

**Handouts:**

- None

**Activities:**

- Define mood
- Define depression and discuss symptoms
- Define bipolar and discuss symptoms
- Discuss brain communication
- Discuss psychological and biological causes of depression
- Discuss treatments

**Homework:**

- None

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**Session: 2**

**Duration:** 45 minutes

**Service Objective(s):** To identify experiences of physical and emotional symptoms of depression.

**Handouts:**

- Pages 29-33

**Activities:**

- Review main learning points from previous session.
- Discuss with participants their emotional experiences with depression
- Discuss with participants their physical experiences with depression
- Facilitator will discuss examples in book.
- Hand out page 29-33 for participants to complete.

**Homework:**

- Complete handouts.

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**Session: 3**

**Duration:** 45 minutes

**Service Objective(s):** To identify different aspects of mania that are negative and that can be pleasant.

**Handouts:**

- Pages 35-40

**Activities:**

- Review main learning points from previous session.
- Discuss the behavior aspects of mania and the impact it has on daily functioning.
- Discuss the advantages of mania.
- Discuss negative aspects of mania.
- Facilitator will discuss examples in workbook.
- Hand out page 35-40 for participants to complete.

**Homework:**

- Complete Handouts

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**Session: 4**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn how to identify their early warning signs and develop strategies to alleviate their depression.

**Handouts:**

- Page 52
- Page 54-57
- Page 63

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss early warning signs to depression.
- Complete page 52
- Discuss coping skills
- Complete page 54-57
- Discuss activity schedules
- Discuss how participants want to be treated when they have symptoms of depression.

**Homework:**

- Complete Activity Schedule.

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**Session: 5**

**Duration:** 45 minutes

**Service Objective(s):** Participants will develop a chart identifying that their mood needs attention.

**Handouts:**

- Page 107 (homework)
- Page 107-111 (in class)

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss different items to go on a tracking chart
- Complete pages 107-111
- Discuss when most symptoms occurred.

**Homework:**

- Complete Early Warning Signs (pg 107).

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**Session: 6**

**Duration:** 45 minutes

**Service Objective(s):** Participants will review what they have discussed from sessions one through five.

**Handouts:**

- None

**Activities:**

- Review and discuss homework.
- Review and discuss main learning points from sessions one through five.

**Homework:**

- None

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**Session: 7**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn about negative and positive influences from family support.

**Handouts:**

- Page 145-146
- Page 147-148
- Page 150

**Activities:**

- Review main learning points from previous session.
- Discuss how a family can negatively impact an individual.
- Complete handout pages 145-146
- Discuss positive influence on family life
- Complete handout pages 147-148
- Discuss different ways a family can be involved in treatment.
- Discuss issues participants would and would not want discussed at a meeting.
- Complete handout page 150.

**Homework:**

- Participants will share their page 150 with their Rehabilitation Counselor.



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**Session: 8**

**Duration:** 45 minutes

**Service Objective(s):** Participants will discuss and identify their levels of stress that may be a trigger to their mood.

**Handouts:**

- Page 161-162

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss and list different stressful events that can trigger or worsen mood swings.
- Discuss problematic situations and identify strategies.
- Complete handout

**Homework:**

- Complete Problematic Situation handout (page 162)

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**Session: 9**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn how their depressive disorder can effect their self-esteem.

**Handouts:**

- Page 180-181

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Participants will describe their level of self-esteem and self-confidence.
- Discuss ways to increase self esteem and complete Page 180-181
- Discuss and list confidence-building activities.

**Homework:**

- Participants will make their own list of confidence-building activities and start date.

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**Session: 10**

**Duration:** 45 minutes

**Service Objective(s):** Participants will identify new ways of thinking to increase positive thinking styles.

**Handouts:**

- Page 205-206

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss meaning of negative thinking
- Participants will identify their own self doubts, fears, and phobias.
- Discuss distorted thinking styles; filtering, polarized thinking, overgeneralization, mind reading, catastrophizing, personalization, control fallacies, fallacy of fairness, emotional reasoning, fallacy of change, global labeling, blaming, shoulds, being right
- Discuss thought stopping (handout page 205-206)

**Homework:**

- Participants will work on thought stopping.

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**Session: 11**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn how exercise and diet can affect the way they feel.

**Handouts:**

- Page 258

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss how what you consume affects the way you feel
- Discuss the effects of sugar and caffeine
- Discuss other foods that might be increasing symptoms
- Discuss benefits of exercise
- Participants will list and discuss exercise activities.
- Participants will learn how exercise can decrease symptoms.

**Homework:**

- Participants will complete daily exercise record to record their mood and activity level.

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**Session: 12**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn how exposure to light on the skin or through the eyes affects mental as well as physical health.

**Handouts:**

- None

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss different types of lights source.
- Discuss reasons people do not get the amounts of light that they need.
- Discuss ways to increase light that you need.
- Participants will discuss self assessment of reactions to light.
- Discuss electromagnetic radiation
- Discuss biological clock

**Homework:**

- Participants will complete self assessment to identify if they feel they are getting enough light and if they are getting too much electromagnetic radiation.

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**Session: 13**

**Duration:** 45 minutes

**Service Objective(s):** Participants will review what they have discussed from session six through twelve.

**Handouts:**

- **None**

**Activities:**

- Review and discuss homework.
- Review and discuss main learning points from sessions six through twelve.

**Homework:**

- None