

**Allegany Rehabilitation Associates  
Personalize Recovery Oriented Services**

**Title of Service: Out of the Blues**

**Total Number of Sessions: 12-15**

**Source:** Center for Clinical Intervention, "Back from the Bluez", Modules 1-9

**Duration of each session: 30- 45 minutes**

**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.

**Sources:** Center for Clinical Intervention, Modules 1-9, Back from the Bluez  
CBT Skills Workbook, Dr. Barry M. Gregory

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**Title of Service: Out of the Blues**

**Session: 1**

**Duration:** 45 minutes

**Service Objective(s):** Define depression and identify somatic/physiological, cognitive/affective and behavioral symptoms of depression.

**Handouts:**

- **Module 1 pp. 2-4**

**Activities:**

- Define depression
- Discuss and describe symptoms of depression
- Discuss what symptoms of depression they experience.
- Complete and discuss Depressive Symptoms Worksheet
- Review main points from session.

**Homework:**

- Study and review handout

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**Session: 2**

**Duration:** 45 minutes

**Service Objective(s):** Education on the causes of depression and treatments for depression.

**Handouts:**

\* **Module 1 pp. 5-8**

**Activities:**

- Review main learning points from previous session.
- Educate participants on the possible causes of depression.
- Educate participants on the treatments for depression to include the two evidence supported therapies used to treat depression.
- Review main points from session.

**Homework:**

- Study and review handouts.

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**Session: 3**

**Duration:** 45 minutes

**Service Objective(s):** Learn the behavioral aspects of depression that might maintain or perpetuate low mood and strategies of overcoming these difficulties.

**Handouts:**

- **Module 2, pp. 4-7**

**Activities:**

- Review main learning points from previous session.
- Discuss the behavior aspects of depression and the impact it has on daily functioning.
- Discuss the advantages of increasing your activity level and how it helps manage symptoms of depression.
- Discuss how having fun and a sense of achievement and sense of purpose helps manage symptoms of depression.
- Complete the “Fun Activities Catalogue”
- Complete Weekly Activity Schedule
- Discuss the Behavioral Activation Worksheet, “Fun and Achievement”
- Review main points from session.

**Homework:**

- Study and review handouts.
- Engage in one fun activity during the week.
- Complete the Behavior Activation Worksheet, “Fun and Achievement”
- Complete Weekly Activity Schedule

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**Session: 4**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn how their thoughts influence their feelings.

**Handouts:**

- **Module 2, p. 7**
- **Module 3, pp. 4-6**

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss how our thoughts influence our feelings.
- Participants will identify words that describe feelings.
- Learn three kinds of automatic thoughts and that their feelings are not thoughts.
- Complete the handout, "Making the Connection"
- Review main points from session.

**Homework:**

- Study and review handouts.
- Complete Weekly Activity Schedule

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**Session: 5**

**Duration:** 45 minutes

**Service Objective(s):** Participants will gain an awareness of how unhelpful thought lead to distressing emotions and learn skills to change unhelpful thoughts to to helpful thoughts by doing an ABC analysis.

**Handouts:**

- **Module 2, p. 7**
- **Module 4 p. 2-6**

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss how unhelpful thoughts lead to distression emotions.
- Discuss the “ABC Analysis and how this helps identify unhelpful thoughts
- Discuss how to uncover your unhelpful thoughts.
- Complete “Thought Diary”
- Review main points from session.

**Homework:**

- Study and review handouts.
- Complete Weekly Activity Schedule
- Complete a Thought Diary”

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**Session: 6**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn and discuss specific trends or patterns to unhelpful thoughts that maintain unhelpful feelings and behaviors.

**Handouts:**

- **Module 2, p. 7**
- **Module 5 p. 2**
- **CBT Workbook, p. 17, p. 42**

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Participants will complete a handout that will identify and discuss “the good and not-so-good things about depression”.
- Discuss unhelpful thinking styles and how these self-statements and thoughts increase symptoms of depression.
- Participants will complete a handout that will identify and label cognitive distortions
- Review main points from session.

**Homework:**

- Study and review handouts.
- Complete Weekly Activity Schedule
- Complete a Thought Diary”

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**Session: 7**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn and discuss the unhelpful thinking styles in more detail. .

**Handouts:**

- **Module 2, p. 7**
- **Module 4, p. 5**
- **Module 5 p. 3-13**

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss unhelpful thinking styles in more detail and how these self-statements and thoughts increase symptoms of depression.
- Participants will identify a possible situation where this unhelpful thinking style was used, what thoughts went through your mind and what feelings did you experience by completing handouts.
- Review main points from session.

**Homework:**

- Study and review handouts.
- Complete Weekly Activity Schedule
- Complete a Thought Diary”



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**Session: 8**

**Duration:** 45 minutes

**Service Objective(s):** Participants will discuss how to change their unhelpful thoughts and beliefs so that they can feel better and less distressed.

**Handouts:**

- **Module 2, p. 7**
- **Module 6, pp. 2-7**

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Learn to challenge and change their unhelpful thoughts and beliefs by looking for evidence that does or does not support your thoughts and beliefs.
- Learn helpful questions to ask to look for evidence and/or challenge thoughts, beliefs and expectations.
- Complete and discuss Thought Diary and Detective Work and Disputation handouts.
- Review main points from session.

**Homework:**

- Study and review handouts.
- Complete Weekly Activity Schedule
- Complete a Thought Diary”

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**Session: 9**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn how they can develop balanced thoughts to replace any unhelpful thoughts and ultimately improve their mood.

**Handouts:**

- **Module 2, p. 7**
- **Module 7, pp. 5-9**

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Participants will learn to change the way they are thinking in order to improve how you are feeling.
- Participants will complete a Thought Diary and Detective Work and Disputation and End Result handouts, pp. 5 and 6.
- Introduce the idea of completing “thought cards” and turning your thoughts into action.
- Review main points from session.

**Homework:**

- Study and review handouts.
- Complete Weekly Activity Schedule
- Complete a Thought Diary”

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**Session: 10**

**Duration:** 45 minutes

**Service Objective(s):** Participants will identify healthy beliefs and how to turn their helpful and balanced thoughts into actions.

**Handouts:**

- **Module 2, p. 7**
- **Module 7, pp. 7-9**

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Discuss what healthy beliefs they've identified through the completion of the Thought Diaries.
- Discuss how to change what they do to reinforce their helpful and balanced thoughts.
- Review the ABCs-and the DEFs
- Review main points from session.

**Homework:**

- Study and review handouts.
- Complete Weekly Activity Schedule
- Complete a Thought Diary

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**Session: 11**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn how to challenge strongly-held thoughts and beliefs that seem particularly hard to let go of.

**Handouts:**

- **Module 2, p. 7**
- **Module 7, p. 5**
- **Module 8, p. 6**

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Define core beliefs and learn how core beliefs are developed.
- Participants will learn how to identify and challenge their core beliefs
- Complete and discuss Core Beliefs Worksheet
- Review main points from session

**Homework:**

- Study and review handouts.
- Complete Weekly Activity Schedule
- Complete a Thought Diary

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**Session: 12**

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn to maintain the gains they have made, stay healthy and enhance well-being.

**Handouts:**

- **Module 2, p. 7**
- **Module 7, p. 5**
- **Module 8, p. 4**

**Activities:**

- Review main learning points from previous session.
- Review and discuss homework.
- Participants will identify areas of their life that they need to continue to give attention to in order to maintain mental wellness.
- Participants will complete and discuss the Healthy Me Worksheet.
- Review main points of session

**Homework:**

- Study and review handouts.
- Complete Weekly Activity Schedule