Strengths-Based CBT for Depression

Demo & Practice
Strengths-Based CBT for Depression

*Demo & Practice*

Workshop presented by
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Brief Therapy Conference
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Garden Grove, California
Workshop Description

- When people are depressed, they often deny having any strengths or positive areas of enjoyment in their life. This workshop demonstrates how to help depressed clients become more aware of their own strengths so these can be incorporated into CBT treatment.

- Participants are guided through exercises that help clients notice and capture small positive experiences, even when depressed.

Strengths-Based CBT for Depression

*Demo & Practice*
**Goals**

- Practice Questions which help clients identify strengths
- Rehearse Strategies to help depressed clients capture pleasure
- Describe 4 Aspects of Strengths-Based CBT

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**Search for Hidden Strengths**

**Bring Strengths to Client Awareness**

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**Bring Strengths to Client Awareness**

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Search for strengths & skills within a positive area

Search Tips (look outside of problem areas)

- Passionate interests
  - hobbies, sports, teams, volunteer work
- Affectionate relationships
  - friends, family, children, pets
- Everyday “never miss” activities

Search for Strengths

- Express interest
- Be confident
Bring Strengths to Client Awareness

You have been struggling with this for a long time.

What helps you manage?

- Some people say difficult times sometimes have a good side.
- Have these experiences had any positive effects on you?
- Any positive effects on your life?

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Given the difficulties you described, I’m impressed you manage to
− work
− look after children
− still play music

What makes this possible?

Client Language

Metaphors
Symbols
Stories

Attend to Culture
Tell me about your ...
family / friends / social network community

How do these things affect your [presenting issues]?

Is there anything you haven’t told because you think I wouldn’t understand?

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Role Play

**CLIENT**
- Choose a client you know well
- With hidden strengths
- Give 2 minute summary of presenting issues

**THERAPIST**
- Interview to identify strengths
- Ask Q’s to guide client awareness
- Identify metaphor, image or story of strength
  - From client, not therapist

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Debrief

- What did your therapist do well?
- What did you learn?
- How can you use these strengths in therapy?
Incorporate Strengths into Treatment

Bring Strengths to Client Awareness

Search for Hidden Strengths

**Behavioral Activation Therapy**

*Get clients moving again*

**What is naturally rewarding for your client?**
Accomplishment

Pleasurable

Overcoming Avoidance

Ugh! I don’t enjoy anything.

Experiments to Notice and Capture Pleasure
References

CBT


Strengths-Based CBT & Related Ideas


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Information

Websites
www.Padesky.com
www.Store.Padesky.com
www.MindOverMood.com

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Consultation for Mental Health Professionals
www.padesky.com/cbt-consultation/

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