

**OVERCOMING**

**DEPRESSION**

**Workbook**

**Written and devised by  
Andrew Grimmer CPsychol, 2009-11**

## Acknowledgments

This work was written and devised by Andrew Grimmer. It is a Cognitive Behavioural treatment workbook for depression and is designed to be consistent with evidence-based treatment for depression, as recommended in the NICE guidelines (CG90)<sup>1</sup>.

As such it draws on other published works. The overall plan for the group is based on Beck et al's 'Cognitive Therapy of Depression' (1987)<sup>2</sup>. The model of vicious cycles is drawn from Moorey's Six Cycles model of depression<sup>3</sup>. Sessions 2 and 4 on overcoming avoidance draw on Martell et al's Behavioural Activation for Depression (2010)<sup>4</sup>. Session 3 on goal-setting uses a scaling exercise drawn from Solution-focused Brief Therapy<sup>5</sup>. Session 5 on force-field analysis is drawn from the field theory of Kurt Lewin<sup>6</sup>. Session 6 on dealing with setbacks draws on the Transtheoretical Model of Change<sup>7</sup>. Session 7 on values is drawn from Butler and Hope's Manage Your Mind<sup>8</sup> and from Acceptance and Commitment Therapy<sup>9</sup>. Session 8 on rumination draws on Behavioural Activation<sup>10</sup>. Session 9 on automatic thoughts and the thought record and session 10 on behavioural experiments draw on Greenberger and Padesky's Mind Over Mood<sup>11</sup>. Session 11 on core beliefs draws on Padesky's self-prejudice model<sup>12</sup>. Session 12 on the Blue Print for Change draws on a general model of relapse prevention. In addition it refers to the document 'Five Ways to Wellbeing' authored by Jody Aked and Sam Thompson for the New Economics Foundation<sup>13</sup>. It also draws on an interview with Nobel Prize winner Daniel Kahneman in The Psychologist<sup>14</sup>.

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<sup>1</sup> CG90 Depression in Adults: NICE guidance (2009). Available at <http://guidance.nice.org.uk/CG90/NICEGuidance/pdf/English>

<sup>2</sup> Beck, A.T., Rush, A.J., Shaw, B.F. and Emery G. (1987). Cognitive Therapy of Depression. Guilford Press.

<sup>3</sup> Moorey, S. (2009); The Six Cycles Maintenance Model: Growing a 'vicious flower' for depression. Behavioural and Cognitive Psychotherapy; 38, 173-184

<sup>4</sup> Martell, C.R., Dimidjian, S., Herman-Dunn, R., Lewinsohn, P.M. (2010). Behavioural Activation for Depression: A Clinician's Guide. Guilford Press

<sup>5</sup> O'Connell; B. (1998) *Solution Focused Therapy*. Sage

<sup>6</sup> Lewin K. (1951) 'Field Theory in Social Science', Harper and Row, New York

<sup>7</sup> Prochaska, J.O. and DiClemente, C.C. The transtheoretical approach. In: Norcross, JC; Goldfried, MR. (eds.) Handbook of psychotherapy integration. 2nd ed. New York: Oxford University Press; 2005. p. 147-171.

<sup>8</sup> Butler, G. & Hope, R.A. (2007) Manage Your Mind: The mental fitness guide (2<sup>nd</sup> ed.) Oxford University Press.

<sup>9</sup> Hayes, S.C. & Smith, S. (2005). Get Out of Your Mind and Into Your Life: The new acceptance and commitment therapy. New Harbinger Publications, Oakland CA.

<sup>10</sup> Addis M.E. and Martell, C.R. (2004) Overcoming Depression One Step at a Time. New Harbinger Publications, Oakland CA.

<sup>11</sup> Greenberger, D., and Padesky, C.A. (1995) Mind Over Mood: Change how you feel by changing the way you think. Guilford Press, New York, NY.

<sup>12</sup> Padesky, C.A. (1990) Schema as self-Prejudice. International Cognitive Therapy Newsletter, 6: 6-7.

<sup>13</sup> [http://www.neweconomics.org/sites/neweconomics.org/files/Five\\_Ways\\_to\\_Wellbeing.pdf](http://www.neweconomics.org/sites/neweconomics.org/files/Five_Ways_to_Wellbeing.pdf)

<sup>14</sup> Workman, L. (2009) The Most Important Living Psychologist: an interview with Daniel Kahneman?. 22 (1) 36-7

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## Introduction and Ground Rules

Thank you for choosing to come to this group. Our goal is to try to help you to manage and ultimately overcome depression. We hope that you will find it useful both because of the skills and techniques you learn but also from the support that each of the members can give to each other in the mutual effort to overcome the effects of depression.

This workbook is yours to keep and work through as you go through the group. In it you'll find summaries of what we've discussed in the group that week. To help you take in and practise what we've discussed there are reflective questions and a weekly assignment. We have also provided a graph for you to record your scores on our standard questionnaires, which measure your symptoms of depression and anxiety.

We believe that each member of this group is a unique person with inherent dignity who is striving to do their best often under very difficult living conditions. Because the group is only as strong as we make it for each other we believe it is important to uphold the values of respect, commitment, participation and confidentiality. By participating in this group we agree therefore that we each have the responsibility to:

- Help create space for everyone to contribute by treating everything that is said with respect, for example not interrupting even when we might disagree with someone's point of view
- Keep everything that we learn about others confidential, even from those we are closest to
- Offer our thoughts and perspectives with consideration for the possible impact of our words on other people – we are all a potential resource for each other and can learn much both from taking the time to offer our thoughts and from hearing the perspectives of other people
- Do our best to complete assignments between sessions in order to learn more about what is helpful
- Attend regularly and punctually: if you miss sessions it will not only affect how much you can learn, but also affect how much other people get out of the group
- If you cannot avoid missing a session, to call our office as early as possible, and if at all possible with at least 24 hours notice. We will do our best to help you keep up with any material you miss.

In order to minimise disruption no new members will be allowed to join once it has started, unless someone has booked in advance and has been unable to come to the first session due to circumstances outside their control.

We hope that by following these ground rules this group will be a supportive, respectful environment where we can learn how we might lead lives free from depression, following our values and achieving our goals.

You might find it helpful to make use of some extra reading. We think that the following books will fit well with the material we will be covering. You could buy a copy yourself or borrow a copy from the local library. There is a Books On Prescription scheme locally that enables you to borrow books anonymously - please ask us for details and a leaflet.

### READING LIST

Title	Author	Publisher	ISBN
Mind Over Mood	Dennis Greenberger & Christine Padesky	Guilford Press	978-0898621280
Overcoming Depression one step at a time	Addis and Martell	New Harbinger	978-1-57224-367-5
Overcoming Depression	Paul Gilbert	Robinson Publishing	978-1841191256
Overcoming Depression & Low Mood	Chris Williams	Hodder Arnold	978-0340905869

We very much look forward to working with you.

# Scores

<b>PHQ-9 SCORE</b>	27											
	26											
	25											
	24											
	23											
	22											
	21											
	20											
	19											
	18											
	17											
	16											
	15											
14												
13												
12												
11												
10												
9												
8												
7												
6												
5												
4												
3												
2												
1												
0												
Week No →	1	2	3	4	5	6	7	8	9	10	11	12
Date →												

**PHQ-9 WEEKLY SCORE GRAPH**

<b>GAD-7 SCORE</b>	21												
	20												
	19												
	18												
	17												
	16												
	15												
	14												
	13												
	12												
	11												
	10												
	9												
8													
7													
6													
5													
4													
3													
2													
1													
0													
Week No →	1	2	3	4	5	6	7	8	9	10	11	12	
Date →													

**GAD-7 WEEKLY SCORE GRAPH**

<b>PHQ-9</b>		<b>GAD-7</b>	
0-4	None	0-4	None
5-9	Mild	5-9	Mild
10-14	Moderate	10-15	Moderate
15-19	Moderately Severe	16-21	Severe
20-27	Severe		

## Who am I?

Person's name	Question	Answer
1.	Where were you born?	
2.	Who was your favourite teacher?	
3.	If you won the lottery, what would you do with the money?	
4.	Where did you go on your last holiday?	
5.	What was your first pet called?	
6.	What is your favourite meal?	
7.	Who was your best friend at school?	
8.	What did you want to be when you grew up?	
9.	What's your favourite song or piece of music?	
10.	What's the best present you've ever received?	
11.	What's something you're grateful to have in your life right now?	
12.	What do you want to get out of this group?	
13.	What do you hope to be doing in a year's time?	