

Intervention content

Session Agendas

Session 1: Getting Started

Structure of BA therapy

Rational for BA

Young person history- building rapport

Values, important people and activities

Session 2: Getting Started II

Introduction to the BA model- individual formulation

A guide for Parents/Carers (if applicable)

Introduction to Mood Monitoring

Session 3: Getting Active I

Mood vs. goal directed behaviour

Introduction to Avoidance (TRAP/TRAC – Trigger Response Avoidance Pattern/Trigger Response Alternative Coping)

Parental information on depression (if applicable)

Goal setting (refer to values worksheet)

Session 4: Getting Active II

Why we do what we do... payoff and cost: Situation- Action- Mood (SAM)

“Improve your mood” vs. “Bring you down” Activities

Parenting skills (if applicable)

Session 5: Problem Solving

Problem solving skills

Triggers

Using COPE (Calm Options Perform Evaluate) to manage challenging situations

Monitoring parental support behaviours

Session 6: More on Goal Setting

Review Goal setting

Values clarification

Mini-steps to reach goals and values

Active listening for parents/carers (if applicable)

Session 7: Identifying Barriers

Identifying barriers- internal/external

Overcoming barriers to achieve goals

Listening skills for parents/carers (if applicable)

Common situations requiring parental support (if applicable)

Session 8: More on Avoidance

Understanding and overcoming avoidance

Avoidance modification

TRAP/TRAC - Trigger Response Avoidance Pattern/Trigger Response Alternative Coping

Parental Strategies for communicating support (if applicable)

Session 9-11: Individualised Application/Practice

Rumination

Mindfulness

Activity Monitoring

Address Core issues

Session 12: Staying on Track- Relapse Prevention

Relapse Prevention Plan