



Behavioural Activation Group

Background

Depression is a common problem which affects 1 in 4 of us during our lifetime. Depression can affect all areas of our lives and can be difficult to understand for ourselves and for our family and friends. It can often seem like no one else feels this way and there is no way out of these feelings.

Cognitive Behaviour Therapy (CBT) is a therapy which can help us to feel better, and to reduce the likelihood of depression returning in the future. It can also give us ways to combat depression, should we feel this way again.

How does it work?

This group will use a specific tool from CBT called *Behavioural Activation*. Put simply, this means *doing* things differently when we feel depressed. Behavioural activation is an evidence based way to tackle depression – this means that it has been shown to work for a great many people who have experienced depression.

Improving our mood is never easy, but it can be done. The behavioural activation group will run over 10 weeks and teach you the skills needed to use this technique now and in the future.

It may feel quite daunting working in a group, but people have found this very beneficial. Working in a group will allow you to meet and work with other people who feel similar to you. Working in a group will also allow you to learn from other peoples experiences and to work as a team to overcome depression.

Each session is led by a Psychological Wellbeing Practitioner/ Cognitive Behavioural Therapist who is trained in *Behavioural Activation* and will help you to overcome your depression step by step. Sessions will last 90 minutes and will include learning about depression and ways to overcome it, as well as practicing techniques and planning changes to complete at home. The sessions will be very informal and you will not be expected to discuss personal information. You will also have time to talk one to one with the case managers to discuss any specific difficulties you are having.

