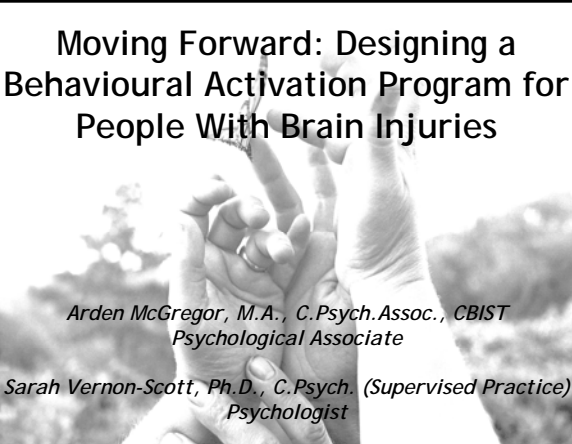



Moving Forward: Designing a Behavioural Activation Program for People With Brain Injuries



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Outline

- Introduction
- Theory and Evidence for Behavioural Activation (BA)
- Components of a Successful BA Program for People with Brain Injuries
- Conclusions
- Discussion / Question Period






**BA ...
What is it?**

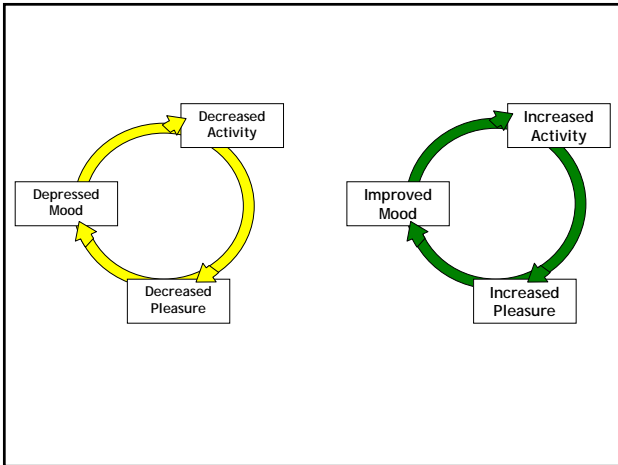



➤ Behavioral activation is a technique that reduces depressive symptoms by increasing exposure to reinforcing activities.



**Behavioural
Activation Theory**

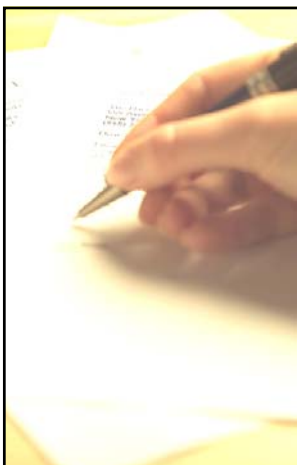
- Depression in People with Brain Injuries
- The Role of Anhedonia
- How Activation Works





An Evidence-Based Treatment

- Historical Perspective
 - Ferster (1973) and Lewinsohn (1974)
- Recent Evidence
 - Jacobson, et al. (1996)
 - Martell, Addis and Jacobson (2001)
 - Ekers, Richards, and Gilbody (2008)
- Why BA for People with Brain Injuries?



Referral Indicators

- Depressive Symptoms
- Inactivity
- Social Isolation
- Anhedonia

Components of a Successful BA Program for People with Brain Injuries

- Assessment
- Psychoeducation of Client and Caregivers
- Activity Monitoring
- Increasing Sense of Pleasure and Mastery
- Community Inclusion
- Psychological Counseling

Assessment

- Baselines
- Domains
 - Depression
 - Community Inclusion
 - Activity Types & Levels
 - Quality of Life
- Goals
- Program Development



Psychoeducation of Client and Caregivers


- Introduction to BA Theory
 - Activity/Depression Cycle
 - How Activation Works
 - Key Concepts: Pleasure and Mastery
- Expectations of Client and Caregivers
 - Activity Monitoring
 - Participation in "Experiments"
 - Counseling Component






Activity Monitoring: Beyond Initial Assessment

- What are you actually doing now?
 - Complete Activity Log
 - Creating incremental goals
 - Practical strategies to encourage monitoring
 - Rating pleasure and mastery




Increasing Pleasure

- Behavioural "Experiments"
 - Brainstorming with cueing questions
 - See Adult Pleasant Events Schedule
- Role of Community Inclusion



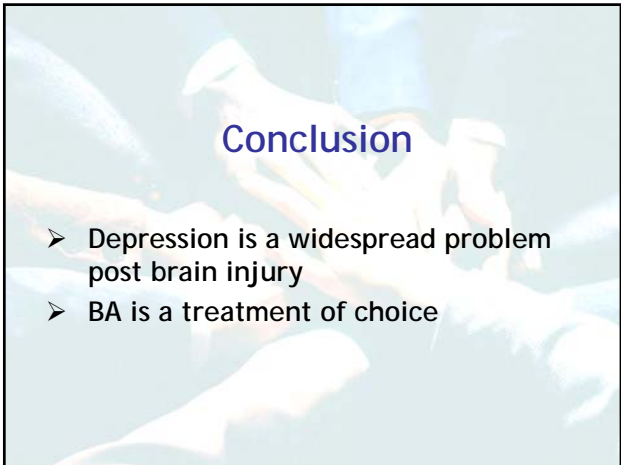
Increasing Mastery

- Motivation: The Chicken-Egg Problem
- Behavioural "Experiments"
- Simultaneous Pleasure and Mastery



Combining Approaches

- BA
- CBT
- Antidepressants



Conclusion

- Depression is a widespread problem post brain injury
- BA is a treatment of choice



Discussion & Questions
