UpLift Session Summary

# Introduction

Length: 15 minutes

Intake forms. Measure mood via PHQ9. Assign first challenge (basic mood journal). Discuss physical causes/depression mimics (anemia, hypothyroid, etc.).

# Session 1 – The Emotional Equation

Length: 25 minutes

Learn about and normalize depression. Examine user's symptoms in-depth with the Symptoms Checklist. Bipolar screening. Introduce the Emotional Equation (Situation + Thoughts + Behavior = Emotional Response).

# Session 2 – Mood Boosters

Length: 40 minutes

Introduce avoidance and behavioral activation as a response to avoidance. Mood Boosters are activities that can be used as a form of behavioral activation.

# Session 3 – Positive Activities

Length: 45 minutes

Talk about different treatments for depression such as lifestyle changes, medication, and therapy. Introduce positive activities and a plan for regularly scheduling them. Expand on potential physical causes/mimics of depression.

# Session 4 – Lies Depression Tells You

Length: 40 minutes

Discuss hopelessness and false beliefs stemming from depression. Help user find and make escape plans for Triggers.

# Session 5 – Mood Journaling

Length: 50 minutes

Introduce automatic thinking and an exercise to challenge thoughts with a mood journal. Do the Symptoms Checklist again, and compare to results in Session 1.

# Session 6 – Goals and Successes

Length: 40 minutes

Plan out goals for success, explain explanatory styles, and put them into practice in real world scenarios.

# Session 7 – Recognizing Thought Errors

Length: 40 minutes

Introduces Thought Errors such as should statements, overgeneralizing, negative filters, etc. Practice identifying them within the user’s own thoughts.

# Session 8 – Explaining Struggles

Length: 40 minutes

Goes back to explanatory style and talks about the dangers of taking too much ownership of Struggles. Introduces concepts of self-fulfilling prophecy and confirmation bias. Enable user to address struggles in their own life.

# Session 9 – Confronting Thought Errors

Length: 40 minutes

Trains the user to identify thought errors, reframe thought errors, examine the evidence, find the truth, and problem solve.

# Session 10 – Understanding Core Beliefs

Length: 50 minutes

Introduce core beliefs, work through the steps of identifying and challenging a core belief, and lead the user to try and identify their own Core Belief ad replace it with a Balanced Belief.

# Session 11 – Conclusion

Length: 40 minutes

Review all that has been learned; do Symptoms Checklist again, and compare to Session 1. Celebrate progress, and plan out how to maintain and utilize the skills learned in UpLift after the sessions are finished. Optional review of any/all sessions.