# Summaries of Sessions and Useful Data

Saturday, June 18, 2016

9:11 AM

For each session, include: current Challenge, any programs unlocked/introduced, screeners applied,

# Registration:

Make the case for UpLift. Sign-up at end.

# Introduction:

Many variables set here.

Intake forms. Learn about depression. Normalization of dep (35% of pop). FF.

# Sess 1 - Franklin's Footsteps (FF)

Length: 20 min

First Symptoms Checklist (from Sess). Choose top 3 symptoms (top3symptoms).

# Sess 2 - Mood Boosters (MB)

Length: 40 min

Introduce avoidance, and behavioral activation as a response to avoidance. Introduce MBs as form of behavioral activation.

# Sess 3 - Positive Activities (PA)

Length: 45 min

Talk about "approaches to depression" (lifestyle, medication, therapy, org causes). Introduce PA's. Warns the user depression may lie to them about how much they will enjoy them. (This is distinct from the "lies depression tells you" section in Sess 4.)

# Sess 4-Lies Depression Tells You (LIES)

Length: 40 min

Discusses hopelessness. Talks about identifying false beliefs, 'Lies depression tells you'.

Gives some example lies:

>>LIE1="Depression is something to be ashamed of."

>>LIE2="Things have become hopeless. Nothing I do will make me feel much better or fix my problems."

>>LIE3="Things would be better if I didn’t wake up."

>>LIE4="Nobody likes me."

Now includes the Triggers program.

## Triggers Session

Helps the user find and make escape plans for their Triggers, then Foolproof them and make Emergency plans.

# Sess 5-Mood Journaling ("IMJ")

Length: 50 min

Introduces Automatic Thinking, has an exercise to challenge it. Includes resources for genuine trauma. "Emotional Mathematics" section.

Challenge: Adds mood recording to FF challenge (so, adds mood to the mood journal.)

 Second Symptoms Checklist (from Welcome).

# Session 6-Goals and Successes ("SUCC")

Length: 40 min

Uses the Domain Assessment program, somewhat confusingly also called the Goal Trainer, to help users evaluate areas of their life they would like change in, identify change, and plan to achieve it via goal setting. This includes goals, subgoals, actions steps, and rewards.

Then, introduces Explanatory Style and Choosing Explanations. Which goes into acknowledging and celebrating Successes. Introduces "Me, Often, Everything."

--\*ME\* –I caused this good thing to happen (or at least I helped).

\*OFTEN\* – It happens often (or I can make it happen often).

\*EVERYTHING\* – It affects many things in my life.

# Session 7-Thought Errors ("TE")

Length: 40 min

TE's: Should Statements

Overgeneralizing

Negative Filters

Jumping to Conclusions

Catastrophizing

Black and White Thinking

# Session 8-Struggles ("STRU")

Length: 40 min

Goes back to explanatory style; instead of talking about using it to own successes, talks about it's dangers in taking too much ownership of Struggles. Uses the (not)me, often, everything formula. Introduces the concepts of Self-Fulfilling Prophecies and Confirmation Bias.

Uses the Struggles program (located here) to help user address a struggle in their own life. User identifies struggle, and their perspective on it (relative to explanatory style) is examined and challenged. User is given the option to use the Problem Solver (which this is the first major introduction of) to problem solve their Struggle.

--\*ME\* –I caused this good thing to happen (or at least I helped).

\*OFTEN\* – It happens often (or I can make it happen often).

\*EVERYTHING\* – It affects many things in my life.

Vs. \*“not me, not often, not everything!”\*

# Sess 9 Confronting Thought Errors ("CTE")

Length: 40 min

CTE Steps:

-Step 1: Identify the TE

-Step 2: Re-frame the TE

-Step 3: Examine the Evidence

-Step 4: Find the Truth

-Step 5: Problem Solve

# Sess 10 - Core Beliefs ("DA")

Length: 50 min

# Conclusion –

Length: 40 min

Final Symptoms Checklist (from Sess)

# Triggers Session

Helps the user find and make escape plans for their Triggers, then Foolproof them and make Emergency plans.

The sequence of variables:

potentialTrigger--situation that triggered depressive event (selected from the mood chart, i.e. the collection LowPointsTimes

primarytrigger-from above sit.

indirecttrigger-""

triggeravoiding--which of the above two they think they can avoid most easily.

The variables are stored in triggersCollection.

# Appendices:

## Abbreviations

FF - Franklin's Footsteps

MB - Mood Boosters

PA - Positive Activities

LIES – Lies Depression Tells You

IMJ - Mood Journal

SUCC – Goals & Successes

TE - Thought Errors

STRU - Struggles

CTE - Confronting Thought Errors

DA – Core Beliefs (Stands for "downward arrow")

CONC - Conclusion