Depression Session 1

Materials: Patient Guide slides 1-9, Thoughts and Moods cards, list of +/- thoughts, HOPE business card

Topic	Materials	Advisor text
Review Screening		Your responses during the screening tell us that you have been feeling kind of depressed lately. Let's talk about what we understand about depression
Symptoms of depression	Guide 1	1.First let's talk about what we mean by depression. This is a list of the typical symptoms of depression (*review from guide*). 2.Our screening tells us some of these things are true for you . Which would you say? How long have you felt this way? How often? (*record*)
Feelings and moods	Guide2	1. Feelings of sadness that last a short time are common and a normal part of life, 2. But when these feelings are a **mood** that lasts a longer time and go along with problems sleeping, eating and feeling hopeless, we call it **depression.**
Assess sources of depression and social support		What things have been going on for you that may have led to you feeling this way?(*record*) How are you feeling about this pregnancy? Do you have particular stressful relationships or situations?(*record)* Do you have other people to talk to or to help you out?(*record*)
Review depressed behaviors	Guide 3	This is a list of what happens when someone is depressed Which behaviors are true for you?
How depression works	Guide 4	1. This is how we think about depression. Bad things that have happened to you in the past, or current stresses affect how you think about things and about yourself. 2. These thoughts affect how you feel and how you feel affects how you act or behave. 3. When you THINK bad or negative things you are going to have depressed feelings. 4. When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle.
What is depression like for you?	Guide 5	1.What kinds of thoughts do you have when you are depressed? 2.What thoughts get you feeling depressed? 3.What do you do when you have those thoughts? 4.What have you tried to make yourself feel better? (*record*)
Positive and negative thoughts	Guide 6	1.Let's talk about thoughts. These are things you tell yourself in your head. What good things do you tell yourself? (*Ask her about things she thinks about herself or events)*. 2. These are called POSITIVE thoughts.

		3.What are some of your thoughts about what you don't like about yourself.(*Have her describe*) These are NEGATIVE thoughts
Stopping depression	Guide 7	There are a number of things you can learn do to control your mood (*Read from Guide*). These are the things I am going to help you learn so that your mood goes down less often and stays down for a shorter time. This has worked for many other pregnant women.
Goals for sessions	Guide 8	1.We are going to meet when you come for your prenatal visits to talk about ways you can get better control of your moods and feel happier. 2. At each visit we will discuss how your thoughts and actions can make you feel a certain way. I'll help you in setting goals to work on between our sessions together.
Take home project	Guide 9 Thoughts and Moods cards +/- Thoughts List Take Home Plan	1.This counseling works best if you keep working on the things we talk about when you are on your own. For your first Take Home Project, I'd like you to use these cards, and one time when you are feeling very bad, I want you to write down what happened and the thoughts you are having. 2.Another time when you are feeling good, do the same thing. Write down the thoughts you are having and if something happened that made you feel good. It's really important that you try to remember to do this. (*Have her explain the task to you)* 3.This list of positive and negative thoughts may help you recognize thoughts that you yourself have. You can check off ones that you have before I see you again.
Her thoughts about the session Closure		1. Thank you for being so open about how you have been feeling. How are you feeling about this plan; do you think it can work for you? What are your thoughts about our session today? 2. It is important during our work together that you tell me if I ever say something that makes you feel disturbed or confused or raises negative feelings. Your reactions are an important part of our work. Check out your perceptions with me.
Review plan before the next session	HOPE Business card Date for Phone followup(if needed)	. 1.I will be available if you need to call me in between sessions to talk about something important. *(give HOPE business card)* 2.Of course, if an emergency arises related to your prenatal care, you should immediately call your physician or the clinic to get guidance. Your doctor is still in charge of your medical care. Do <u>not</u> wait to talk to me. 3. [If applicable] I will plan to give you a call in 2 weeks to hear how things are going and see if you need help with your plan.