

Session Checklist

Counselors follow and complete detailed session-by-session checklists to ensure that the structure and content of the program is followed. Following the final session, in addition to a summary follow up letter, participants receive a list of local resources.

Session	Session Content*
Initial contact	Introductions, explain program, review materials, answer FAQs, and schedule calls.
1	Depression education. Elicit how depression affects their feelings, body, thinking and behavior. Motivation enhancement to strengthen engagement in therapy. Practice Activity: Describe best and worst parts of their days.
2	Review depression education. Review Practice Activity and identify what activities made patient/client feel better or worse. Learn what helps others feel better. Pleasant activity identification exercise. Practice Activity: Choose pleasant activities.
3	Review pleasant activity preferences. Plan pleasant activity experiment. Practice Activity: Pleasant activity experiment.
4	Review pleasant activity experiment. What worked? What was the effect on mood? What were the barriers? Problem-solve overcoming barriers. Plan new experiments. Practice Activity: Pleasant activity experiments.
5	Review pleasant activity experiments. What worked? What was the effect on mood? What were the barriers? Problem-solve overcoming barriers. Add to and expand positive parts of experiments. Revise and repeat experiments. Practice Activity: Pleasant activity experiments.
6	Review pleasant activity experiments. What worked? What was the effect on mood? What were the barriers? Problem-solve overcoming barriers. Identify most promising activities. Make written weekly pleasant activity schedule. Write out most common barriers and best plans to overcome barriers. Practice Activity: Follow schedule.
7	Check Practice Activity. Discuss depressive thinking (guilt, self-blame, etc.). Common negative thoughts. Thought identification examples and exercise. Practice Activity: Keep schedule. Try catching negative thoughts.
8	Check Practice Activity. Elicit negative thoughts and triggers. Discuss more ways to observe automatic negative thoughts and their effects. Practice Activity: Keep schedule. Negative thought monitoring exercise.
9	Check Practice Activity. Discuss effects of negative thoughts. Illustrate ways of distancing from automatic negative thoughts. Practice ways of distancing. Practice Activity: Keep schedule. Watch negative thoughts. Try distancing.
10	Review Practice Activity. Identify examples of automatic negative thinking. Guided practice of cognitive strategies: Thought stopping, distracting, reasoning, and exaggeration. Practice Activity: Try cognitive strategies at home. Practice using cue card(s)
11	Review Practice Activity. Create a self-care plan, pinpoint strategies that worked best. Set long-term goals. Develop relapse prevention strategy.
12	Review most helpful parts of program. Integrate self-care plan (including medication adherence, if appropriate) into written schedule and cue cards. Review and adjust relapse prevention plan. Congratulate participant for gains made.

* Sessions begin with: soliciting participation from a support person, review of the PHQ-9, troubleshooting persistent symptoms, motivational enhancement to increase engagement (if needed).