

EASTERN COUNTIES BRANCH
**Adapting Brief Behavioural Activation for Young
People with Depression**
Presented by Professor Shirley Reynolds
Friday 5th October 2018

Times: 9.30am to 4.30pm (Registration from 9.00am)

Venue: Park Farm Country Hotel & Leisure, Hethersett, Norwich, Norfolk, NR9 3DL

Abstract

Behavioural Activation (BA) is an effective treatment for depression in adults but there is less evidence of efficacy with depressed young people. We have adapted Brief BA (BATD-R; Lejuez, et al., 2011) for use in routine CAMHs (Brief BA, Pass & Reynolds, 2014). Brief BA takes around 8 sessions and is designed for delivery by professionals who do not require specialist qualifications or extensive training. Close supervision is important given the risks associated with depression in young people.

Key elements of Brief BA for depression are:

- A focus on engaging young people and keeping them in treatment
- Scaffolding therapy based on developmental/cognitive constraints
- Focusing on young people's values 'What's important to you?'
- Involving parents
- Problem solving and contracting with parents
- Session by session workbooks for young people and parents

Brief BA is simple to explain and to understand. Our pilot data show that engagement in treatment is excellent, Brief BA is acceptable to young people and their parents, and leads to reliable and clinically significant reductions in symptoms of depression and improved functioning.

Key Learning Objectives

Participants will acquire the following knowledge and skills:

1. Understand how Brief BA draws on behavioural theory to treat depression in adolescents
2. How to engage depressed young people and their parents or carers in brief Behavioural Activation
3. How to help young people to identify their values in three key areas - self, people that matter, and things that matter
4. Linking young people's values to activities and planning these in to daily life
5. Dealing with conflict and disagreement between young people and parents

Training Modalities

This workshop will be very practically based. Brief Behavioural Activation for depression in adolescents will be taught through instruction, group discussion, Q&A, modelling through case examples and video clips, and practice (role-plays).

Implications for the everyday clinical practice of CBT

Brief BA for depression in adolescents provides a low intensity alternative to current evidence-based psychological therapies. It can be delivered in schools and in the context of multi-disciplinary CAMHs may also be an appropriate part of a stepped care pathway for depression in adolescents.

Target audience

This workshop would be suitable for clinicians who have experience of working with depressed young people in mental health settings. It would also be suitable for clinicians with experience of Brief Behavioural Activation who would like to adapt it for use with young people.

About the presenter

Professor Shirley Reynolds is a clinical psychologist at the University of Reading. She is Director of the Charlie Waller Institute and Co-Director of the Anxiety and Depression in Youth (ANDY) research unit. Her current clinical research is focused on adapting and improving psychological treatment for depression in young people.

Key References

- Lejuez, C. W., Hopko, D. R., Acierno, R., Daughters, S. B., & Pagoto, S. L. (2011). Ten Year Revision of the Brief Behavioral Activation Treatment for Depression (BATD): Revised Treatment Manual (BATD-R). *Behavior Modification*, 35, 111-161. doi: 10.1177/0145445510390929.
- Pass, L., Brisco, G., & Reynolds, S. (2015). Adapting brief Behavioural Activation (BA) for adolescent depression: A case example. *The Cognitive Behaviour Therapist*. 8. e17. ISSN 1754-470X doi: [10.1017/S1754470X15000446](https://doi.org/10.1017/S1754470X15000446)
- Pass, L., Hodgson, E., Whitney, H., & Reynolds, S. (2017). Brief Behavioural Activation treatment for depressed adolescents delivered by a non-specialist clinician. *Cognitive & Behavioural Practice*. doi.org/11.1016/cbpra.201705.003
- Pass, L., Whitney, H. & Reynolds, S., (2016). Brief Behavioural Activation for adolescent depression: Working with complexity and risk. Doi:10.1177/1534650116645402

Registration Information:

BABCP Member: £75 Non Member: £85

Lunch and refreshments will be provided. A CPD certificate for 7 hours will be issued.

Closing date for registrations is Friday 28th September 2018

Venue Information

Please see website - <https://www.parkfarm-hotel.co.uk/about-us/how-to-find-us/>