

Recommended Skills for behavioral activation (BA) for depression

A behavioral activation (BA) therapist will demonstrate the ability to skillfully do the following:

- Work collaboratively with clients
- Provide Psycho-education about depression, causes and treatment
- Present a behavioral formulation of depression - generally
- Conduct a Functional Analysis to monitor associations between activity and mood, and use this information to develop an understanding of behaviors to increase or decrease.
- Present a specific BA formulation of depression relevant to a particular client.
- Select activities to schedule that involve reward contingent positive reinforcement
- Teach clients to do activity monitoring and scheduling
- Maintain a problem/solution-focused stance and teach clients Problem Solving
- Relaxation and Emotion Regulation
- Goal Setting including specification of how to create an effective goal, practice with scheduling and practicing goal-related activities and identifying barriers.
- Identifying and altering avoidance Patterns
- Identifying and modifying problematic/ruminative patterns of thinking
- Routine Regulation
- Relapse Prevention