

## Depression Management Group

TempleWellness.org

### Objective

To provide an effective, structured, time-limited, and outcome-driven workshop that helps veterans acquire skills to manage difficult life events. In the workshop veterans learn strategies for reducing stress, and for development of supportive thinking habits.

### Method

Series of 8 group topics emphasizing education and skill development. Workshop series is preceded and followed by an individual meeting for the purpose of assessment and orientation, and at the end, assessment and follow-up planning. Workshop is designed so that veterans can enter at any time. Veteran has completed the workshop when all 8 of the group topics and the two individual sessions have been completed. Although “Action Planning” is covered as a separate topic, it is introduced to everyone on the first day and is referred to in all other group sessions.

### Group Topics

1. Defining Depression
2. Identifying problems in physical condition, behavior, environment, mood, and thinking
3. Intervention Strategies
4. Intervention Strategies: Identifying and challenging distorted thinking
5. Intervention Strategies: Thought management
6. Belief System
7. Change (learning) Process
8. Action Planning