MOOD MANAGEMENT COURSE

A Cognitive Behavioural Group Treatment Programme for Anxiety Disorders and Depression.

Second Edition.

Paula Nathan*
Laura Smith
Clare Rees
Helen Correia
Uta Juniper
Patrick Kingsep
Louella Lim

^{*} Director, <u>Centre for Clinical Interventions</u> and Adjunct Senior Lecturer, School of Psychiatry and Clinical Neuroscience, <u>The University of Western Australia</u>



TABLE OF CONTENTS

SECTION	CONTENT	PAGE
PREFACE		i
Introduction	Introduction to the Manual	ii
SESSION I	Introduction to the Mood Management Course	I
SESSION 2	Increasing Fun Activities and Graded Exposure	25
Session 3	ABC Connection, Automatic Thoughts and Graded Exposure	40
SESSION 4	Introduction to Disputation and Balanced Thinking	62
SESSION 5	More Disputation and Unhelpful Thinking Styles	71
SESSION 6	Mood Management Course Review	81
Session 7	Emotions/Physiological Sensations as Triggers and Active Coping	92
SESSION 8	Review of Thought Diaries & Flashcards	103
SESSION 9	Review of Thought Diaries	108
SESSION 10	Progress Review and Self Management Plans	115
SESSION I I	Follow Up Session	120
APPENDIX	Frequently Used Worksheets	127