

Reflection Exercise: Behavioural Activation

The following questions refer to the three-part “Behavioural Activation” CCI Clinical Demonstration videos, which can be viewed at: <https://www.youtube.com/c/CentreforClinicalInterventions>

The questions on the first page have been designed for early career clinicians/students. More experienced clinicians may wish to look at the questions on the second page.

For early career clinicians/students

1. Identify three reasons why it might be useful to complete some activity monitoring before introducing behavioural activation.

2. Occasionally, due to various external factors, there may not be very clear links between mood and activity from the monitoring exercise (e.g., a client can be extremely productive, and their mood at the end of the week may still be low). How can this information still be used collaboratively with the client to set up behavioural activation?

3. Name 2 problems that a client may report when setting up behavioural activation (including resistance towards the concept). How might you address this?

Potential Problem	Possible Solutions

4. What stance or attitude might be important for the clinician to adopt when introducing and setting up behavioural activation with the client? Why?

For more experienced clinicians

1. Identify a recent or current client you are working with. How might behavioural activation be useful for them?

2. Describe problems that a client may report or a therapist may experience with the following areas. How have/might you address this?
 - a. Setting up/completing weekly activity monitoring

 - b. Reviewing weekly activity monitoring

 - c. Scheduling behavioural activation activities

 - d. Reviewing behavioural activation activities (not shown in the videos)