

Professor Shirley Reynolds

Director of CBTReach Ltd

Wednesday, 9th November 2022

University of Reading



CharlieWaller
INSTITUTE

Evidence-Based Psychological Treatment

Do more that matters: Brief Behavioural Activation for Depressed Adolescents

Introduction:

Many young people develop major depression and associated disorders during adolescence. Because depression is associated with many negative consequences both in the short and long term it is important that it is identified and treated promptly. However, depression is hard to recognise and often depressed young people are not identified. Even when they do get offered treatment over 50% either do not attend or drop out prematurely. It is therefore urgent that we develop treatment that young people can access easily and then will use. The introduction and roll out of Mental Health Support teams in schools and colleges in England means that there are a growing number of low intensity clinicians who are well placed to identify adolescents with depression and offer treatment promptly.

Who is this workshop for?

This workshop is aimed at supervisors and trainers of low intensity therapists who work with children and adolescents, and low intensity therapists themselves. Other therapists who work with young people are likely to find the treatment model and Brief BA practices a helpful addition to their existing skills.

Abstract

Behavioural activation (BA) is an effective treatment for depression in adults. BA is also relatively to engage in and can be adapted as a low-intensity treatment. Therefore, to increase access and acceptability we adapted Behavioural Activation for the Treatment of Depression (BATD) (Lejuez, et al., 2011) in collaboration with young people and their parents. Our aim was to make it brief (6-8 sessions), simple, engaging, and effective. Brief BA incorporates a range of elements that help overcome the Brief BA (Pass & Reynolds, 2020) can be used in schools and clinics and delivered by a range of professionals, who do not require specialist qualifications or extensive training.

Key elements of Brief BA for adolescents include:

- Understanding the experience of depression and its impact on young peoples' lives
- A focus on engaging young people in treatment
- Scaffolding therapy based on developmental/cognitive constraints
- Involvement of parents/carers
- Focus on identifying young people's values
- Problem solving and contracting, with parental involvement
- Session by session workbooks for young people and their parents



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Brief BA is simple to explain and to understand and 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.

Implications for the everyday clinical practice:

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

Key Learning Objectives:

Participants will acquire the following knowledge and skills:

1. Identification of depression in young people and distinguishing it from other difficulties
2. Understand how the symptoms of depression are a barrier to being able to engage in psychological therapies and consider ways to overcome these barriers.
3. Understand how Brief BA draws on learning theory to treat depression in adolescents
4. Be able to engage depressed young people and their parents or carers in Brief Behavioural Activation
5. Help young people to identify their values in three key areas - self, people that matter, and things that matter
6. Link young people's values to activities and then plan how to increase valued activities in daily life
7. Deal with conflict and disagreement between young people and parents, and if relevant,
8. Support and supervise low intensity clinicians to deliver of Brief BA to young people

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).



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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](https://doi.org/10.1016/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

Pass, L. & Reynolds, S. (2020). Brief Behavioural Activation for Adolescent Depression: A treatment manual for clinicians. Jessica Kingsley.

About the presenter:

Dr Shirley Reynolds is an Honorary Professor of Clinical Psychology at the University of Reading and at UEA and the University of Cambridge. She is also Director of CBTReach Ltd, a company that provides online CBT training www.cbtreach.org.

Shirley is a Clinical Psychologist and has a background in training and clinical research. Her primary area of research is in adolescent depression, and she has published over 200 peer reviewed papers as well as several academic and self-help books and therapy manuals. She has delivered training on Brief BA across the UK and Ireland, internationally and of course like everyone else, online between March 2020 and 2022.

Shirley was President of the BABCP (2009-2011) and has held a range of professional roles within the NHS, Universities, the British Psychological Society, NHS England, Health Education England and many other organisations. Shirley was Director of the Charlie Waller Institute at the University of Reading from 2012 to 2019 and before that Professor of Clinical Psychology at the University of East Anglia. She is currently a member of Sub-Panel 4 (Psychology, Psychiatry and Neuroscience) of the Research Excellent Framework 2021, the organisation that reviews research quality in Higher Education Institutes across the UK.

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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are delivered online

