

Behavioral Activation Toolbox

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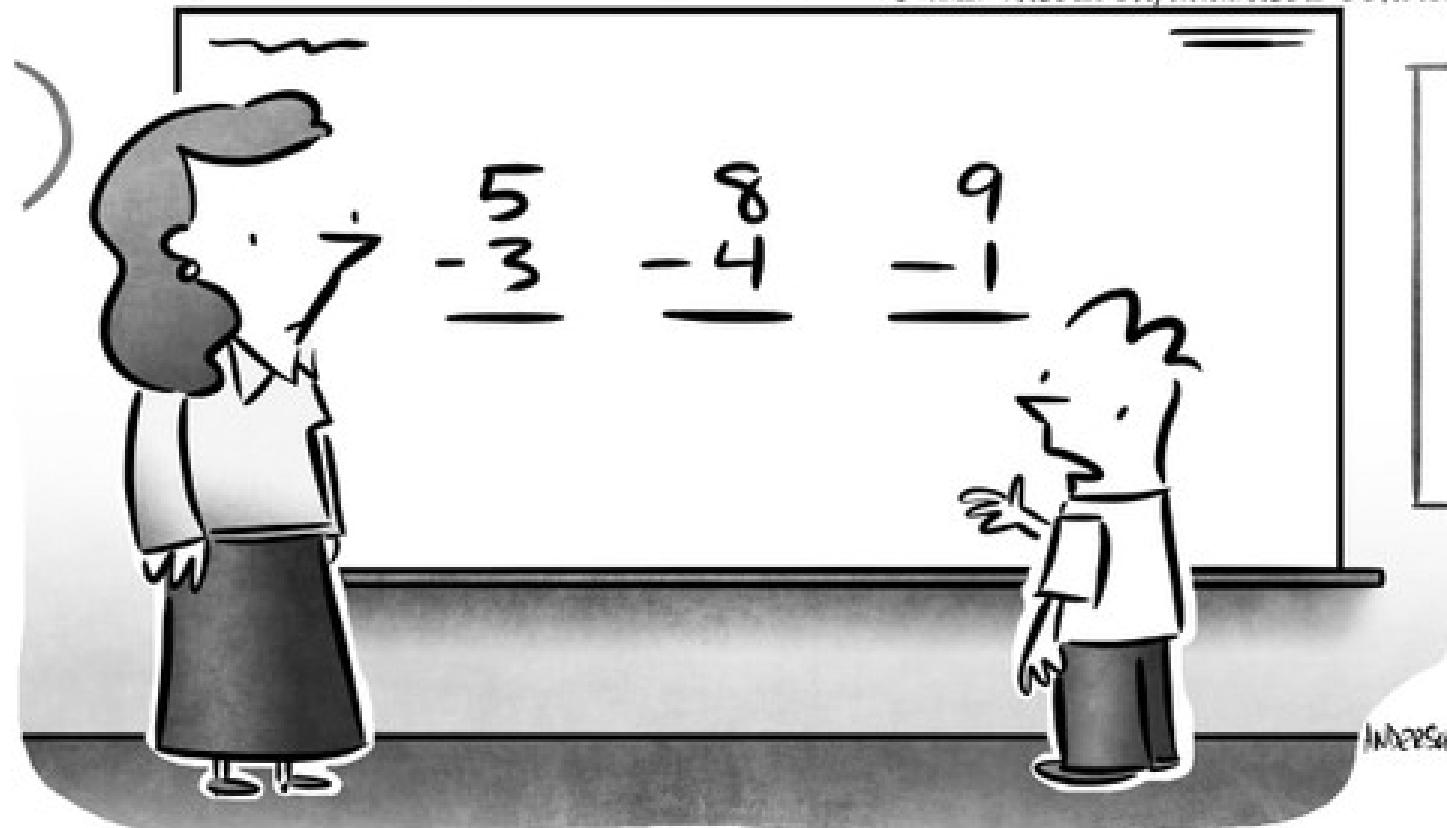
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Objective

- Behavioral Activation interventions to improve client outcomes.
- Get away from the “problem of the day.”



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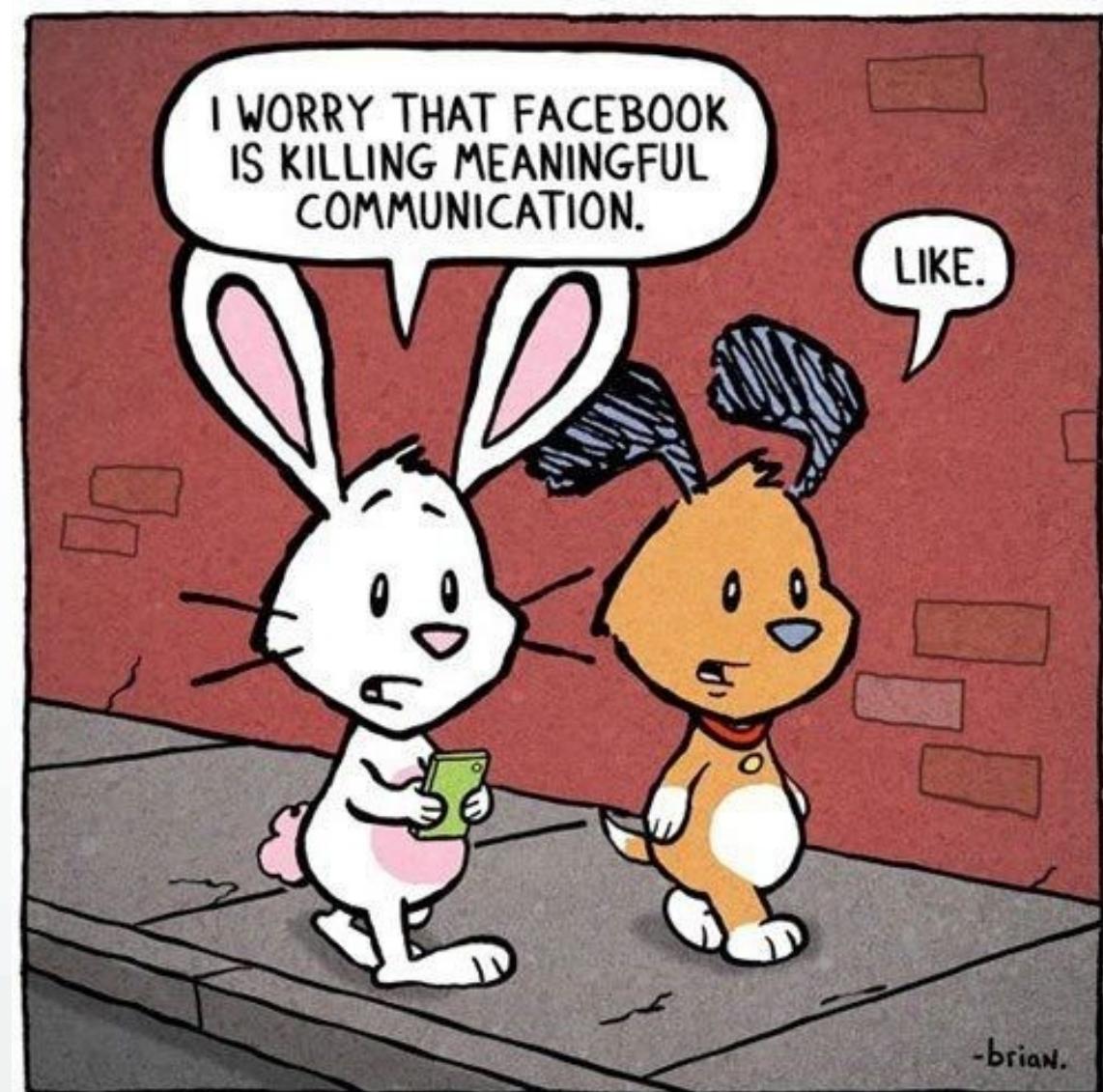
"This is why no one likes math; it's a branding issue.
Everything's a problem."

**Get out of the
problem!**



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Scope



More pics on www.imfunny.net



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INSANITY

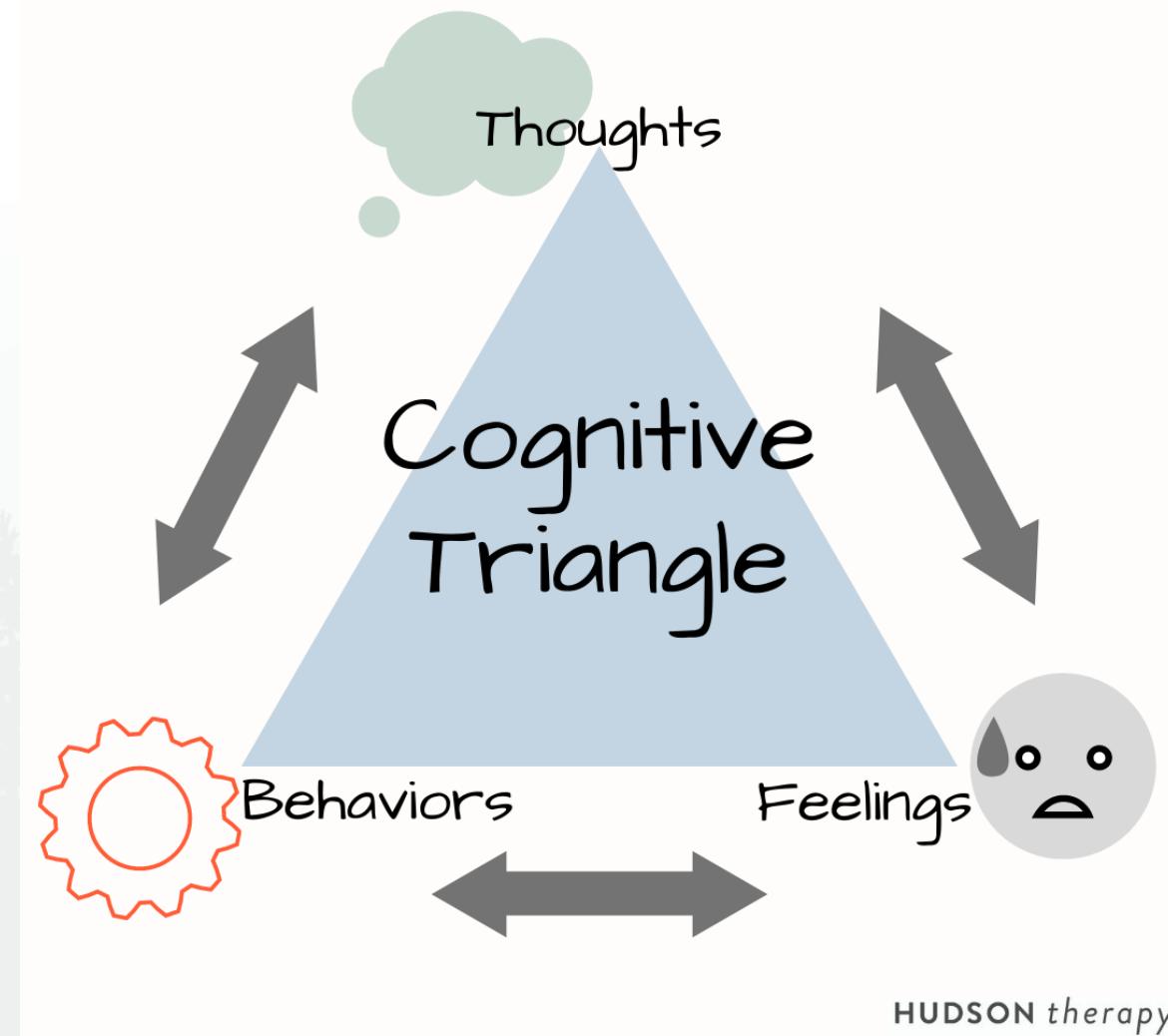
DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING
DIFFERENT RESULTS

DIY.DESPAIR.COM

Behavioral Activation



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How does Behavior affect Mood?

- Giving Information
- How can we help a person choose a different behavior?



Baby Steps

- Best practice for Depression
- Using our Formula: Ask, Offer, Ask
 - “If nothing changes, nothing changes.”
 - “Depression zaps our motivation, but the problem is that the less we do, the worst we feel.”
- “What do you think?” or “Have you ever noticed that?”



The Function

- “What were you hoping would change?”
- “Did that work?”
- “Is that in line with your values?”

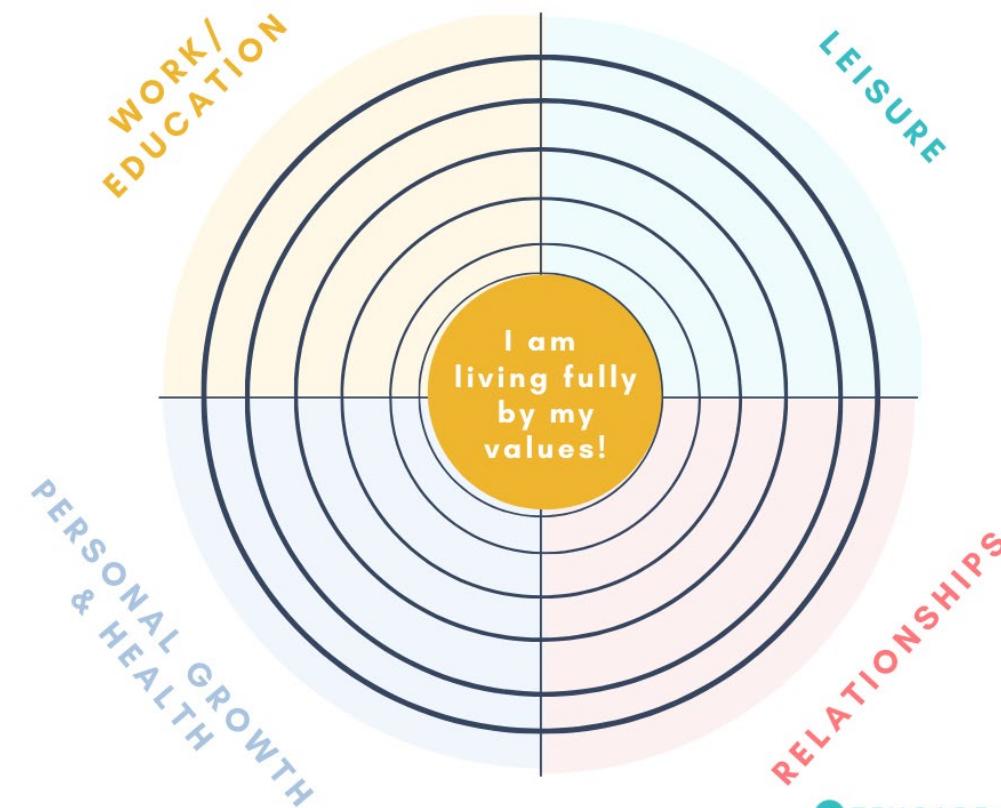


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What is important to you?

Values Bulls Eye

Are you living by your values?



 ZENCARE.CO



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- **Reflection:** Your job is to be an honest mirror.

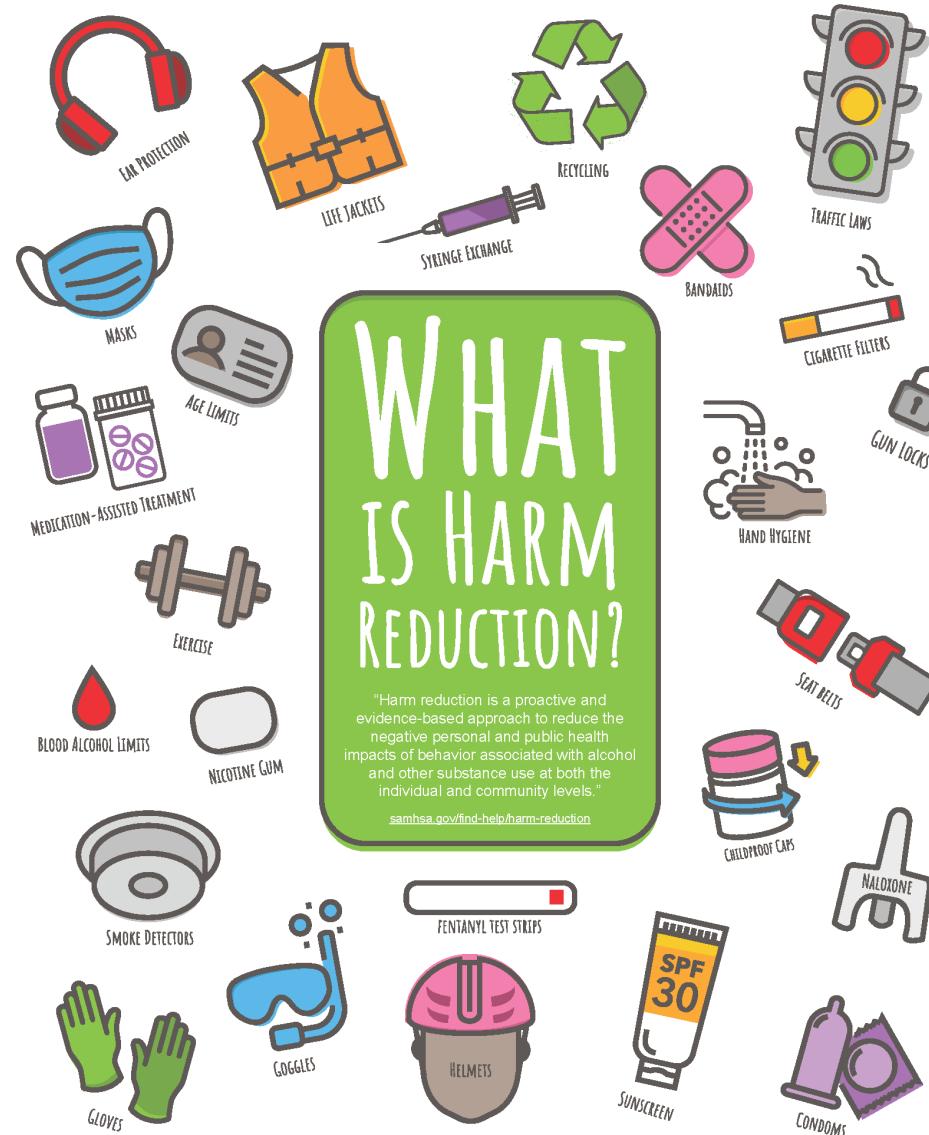


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Pleasant Activities



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Really...everything is behavior...



Addiction

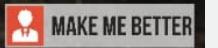
- Open Ended Question
- Reflection
- Listening for change talk
 - Or being curious...
- Align with values
 - Harm Reduction



Noticing a Theme?



It is often the small steps, not the giant leaps, that bring about the most lasting change.



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Unhelpful Thoughts

Worry makes me want to avoid – that leads to less activity, social isolation, and depression.



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Is this a noise or a sign?



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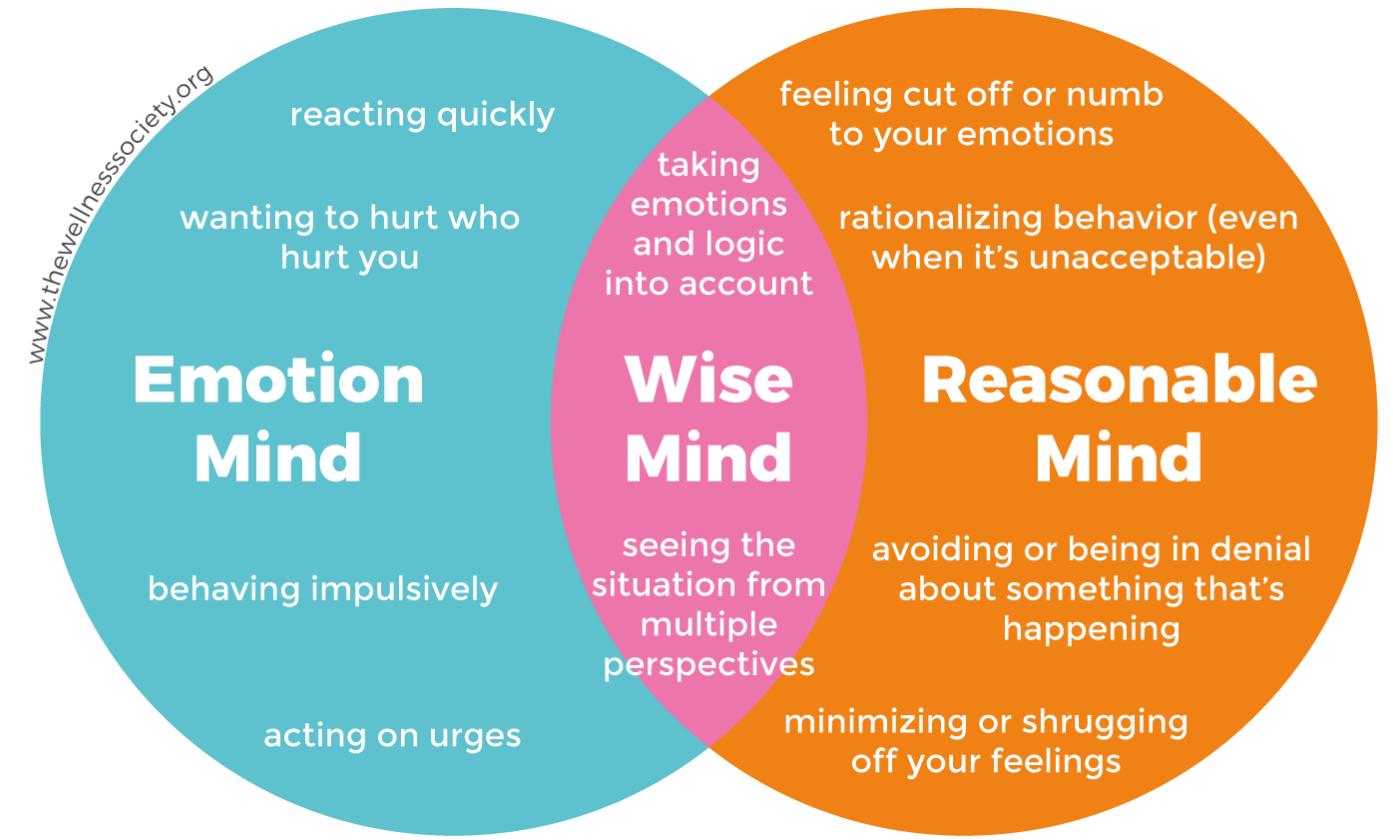


Double Sided-Reflection



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Pausing before Responding



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Frontal Lobe Offline

The 4Fs of fear response in animals

Fight

- Aggression towards people or other animals
- Biting, kicking, scratching, charging, or other similar behaviours

Flight

- Running away and avoidance of others
- Abandoning a preferred area or resource when their space is entered

Freeze

- Tonic immobility or paralysis to attempt to avoid detection
- “Playing dead”
- Freezing in place

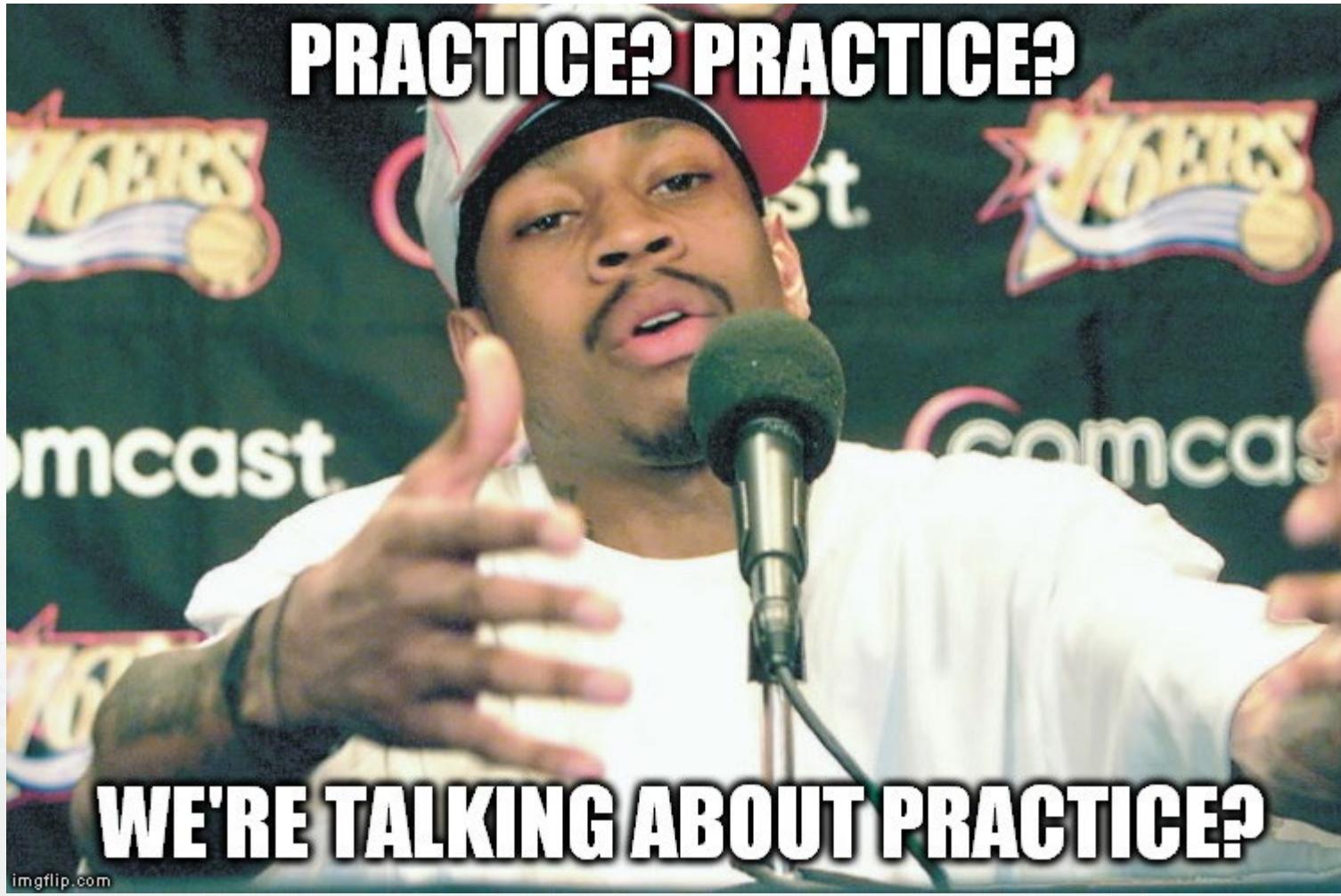
Fawn

- Attempts to appease aggressor with submissive behaviour
- Rolling onto back, cowering, etc.



Present Moment





**“Prescribe”
Practice**



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Snowball Effect



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GOALS OF COMMUNICATION SKILLS

Communication Goals



Context of Communication



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"I STOPPED TAKING THE MEDICINE BECAUSE I PREFER THE ORIGINAL DISEASE TO THE SIDE EFFECTS."

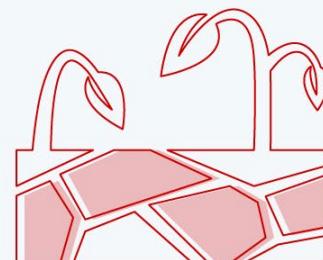
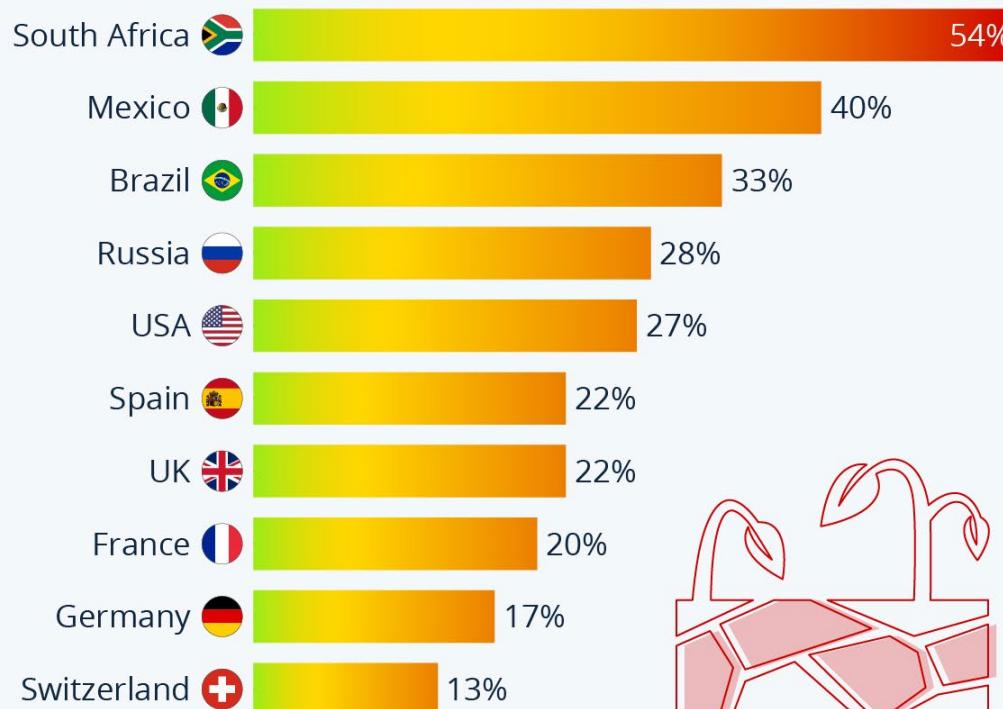
Treatment Adherence



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Where Water & Food Supply Are a Major Concern

Share of respondents who consider water and food supply to be one of their country's greatest challenges



At least 12,000 respondents (18-64 years) per country; Oct. 2021 - Sep. 2022
Source: Statista Global Consumer Survey

Other Factors that Impact Health



statista



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Nutrition

- The FDA recommends 2,000 calories per day
 - The average American has 3,600 calories per day
 - Use your MI to explore the short- and long-term costs and benefits.



Staying Active

- “What do you know about the benefits of being active?”
- “What is a reasonable pace and activity to engage in?”
- “The less you do, the less you CAN do.”





**We're All
Toddlers...**



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Vulnerabilities

Hungry

When was the last time I ate, or drank water? What do I need to feel better?

- Eat regular meals
- Eat a snack
- Drink water

Angry

What might be driving my anger? Am I stressed, overwhelmed, resentful, betrayed, insecure...?

- Use a coping skill
- Get some fresh air
- Move your body

Lonely

When was the last time I socialized with a friend or family member? What can I do to feel better?

- Call someone you trust
- Play with a pet
- Journal your thoughts and feelings

Tired

How many hours of sleep did I get last night? What do I need to feel better?

- Get a full night's sleep
- Take a nap
- Rest your body

Kids

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- Don't be afraid to talk about suicide.
- Normalize!
- [The Lighthouse Project - The Columbia Lighthouse Project](#)
- [PROSPER Together - Suicide Prevention & Mental Health Training](#)



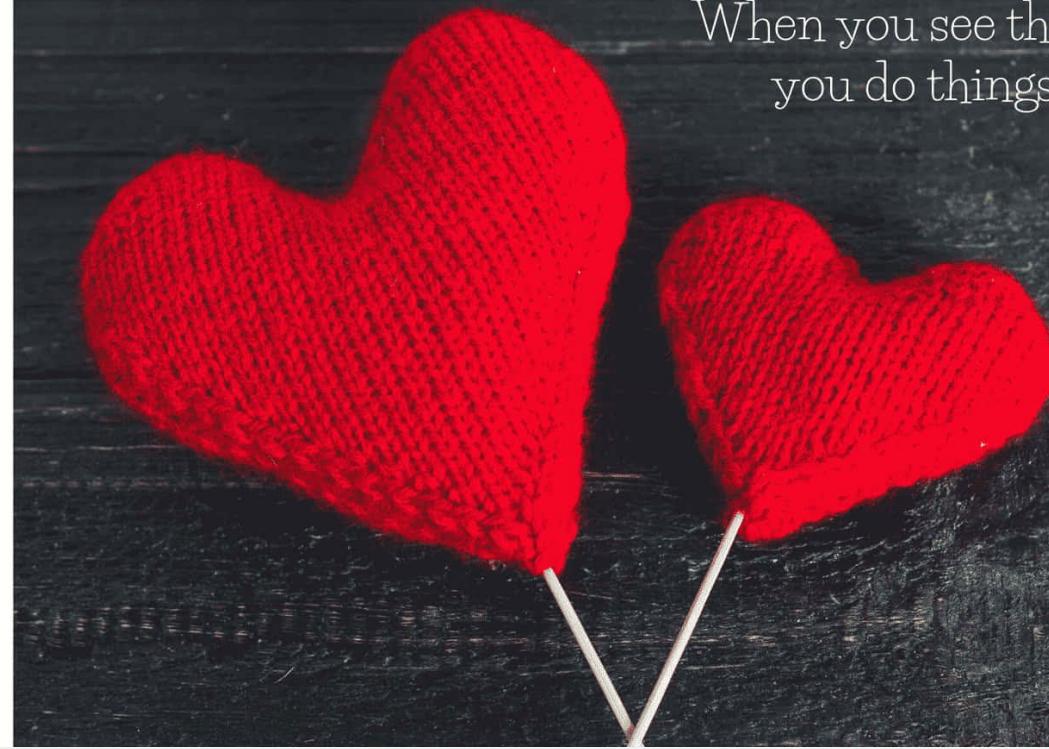
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Take Aways

- Be genuine
- Be curious
- Be humble
- Be compassionate

KINDNESS MATTERS.

When you see things differently,
you do things differently.



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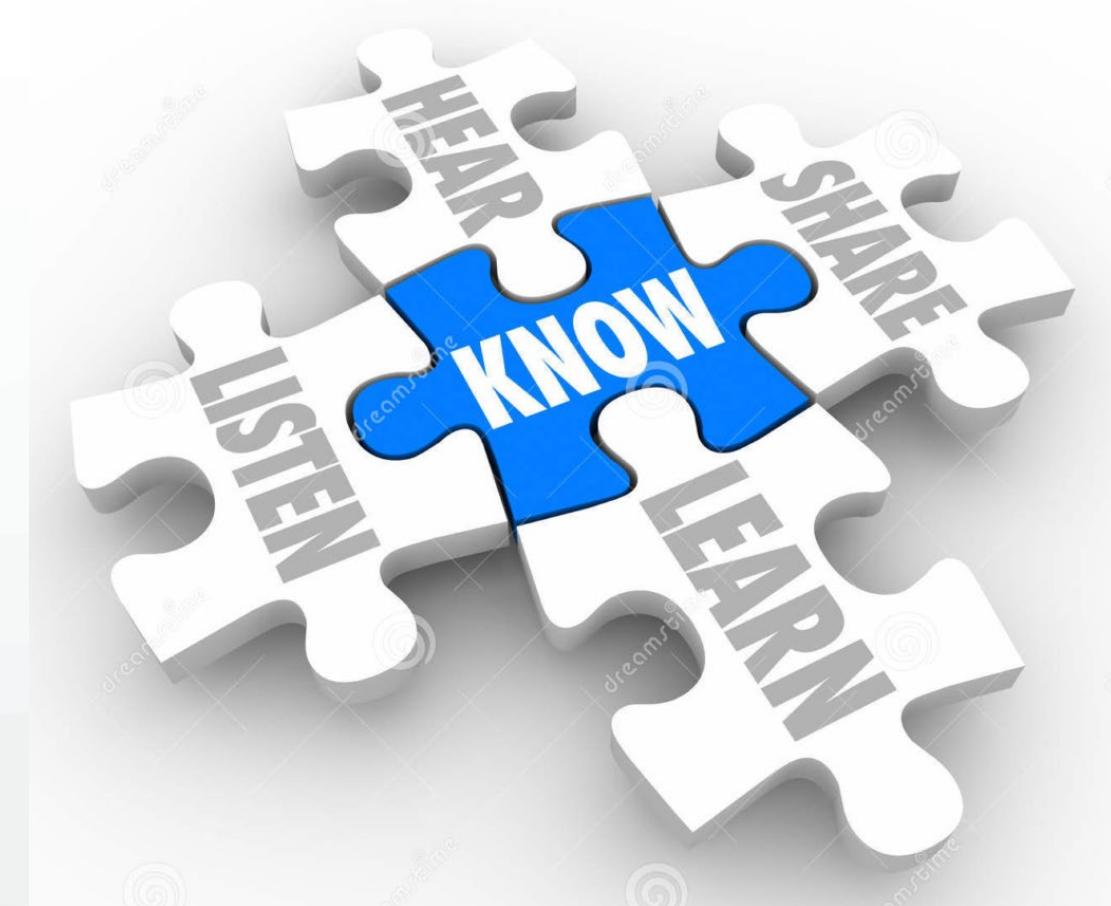
Break Out

Consider one difficult situation you have faced in your position.

What have you already tried? Is there anything new you have learned that you could try with that situation?

Discuss with your group. If you have great ideas, share with your colleagues.

Don't share PHI!



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Next Week

Wednesday, February 18th 9:00-10:00

Session 8: Oxygen Masks or Scuba Gear?

Acceptance, compassion, and a positive relationship are strong indicators of how successful a patient will be with their provider; however, as helping professionals are in their career, they often experience secondary trauma, burnout and compassion fatigue which directly impacts their capacity for compassion and unconditional positive regard for their patient. In this session, we will discuss the necessity of self-care as a constant, proactive practice (scuba gear), rather than a reaction to burn out (an oxygen mask).



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