

# Behavioral Activation Toolbox

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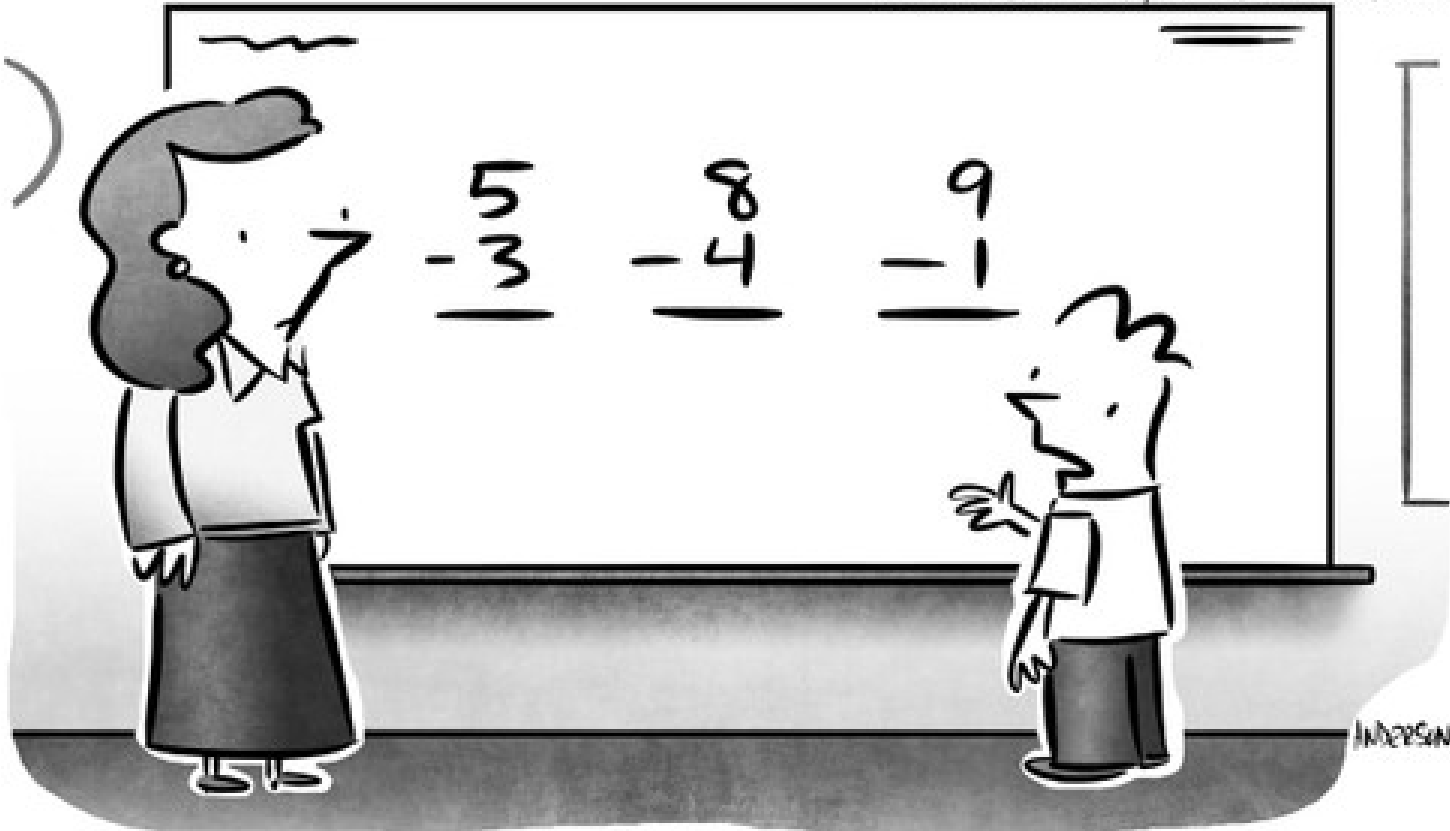
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# Objective

- 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





# INSANITY

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

DIY.DESPAIR.COM

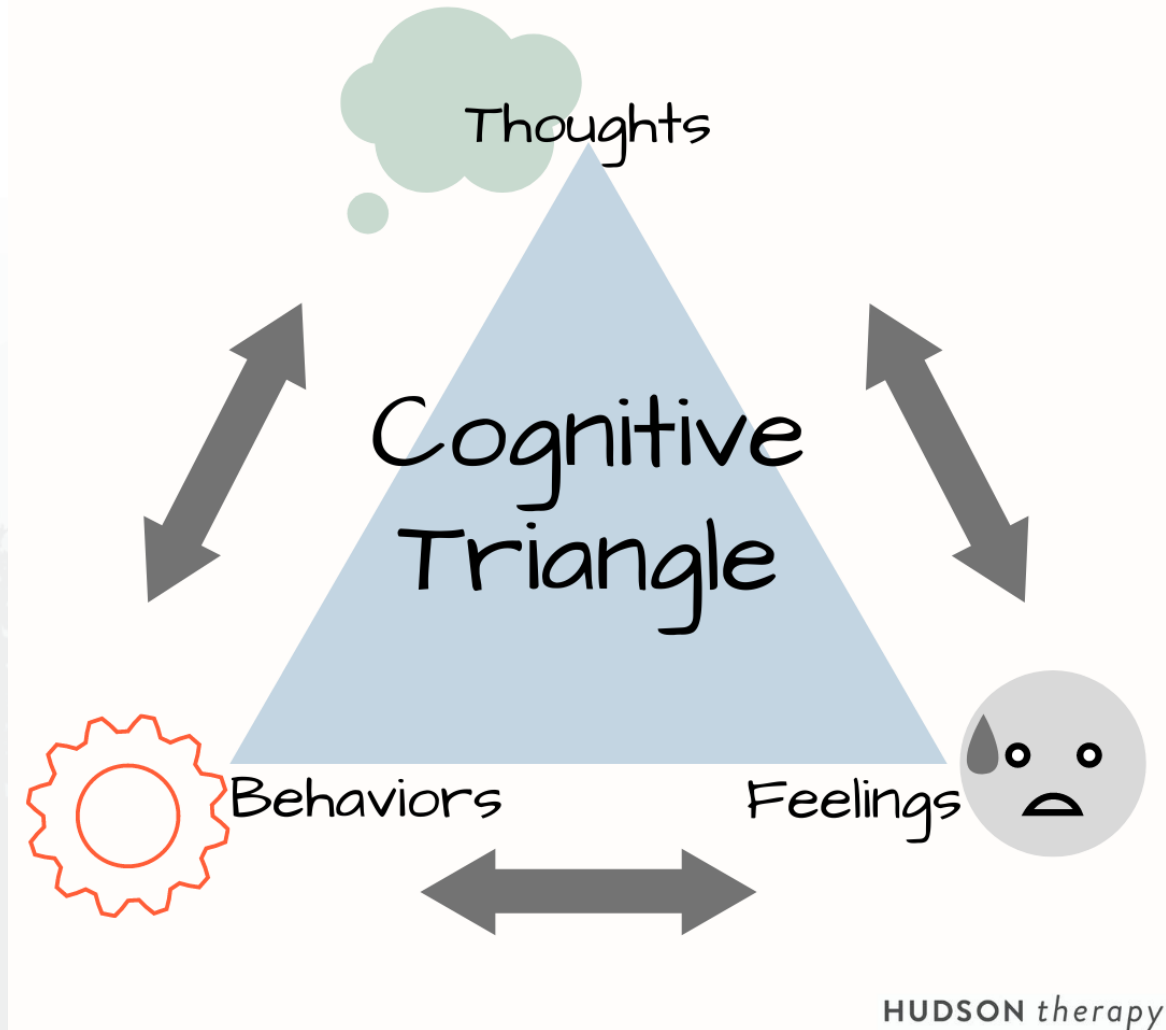
## Behavioral Activation



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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

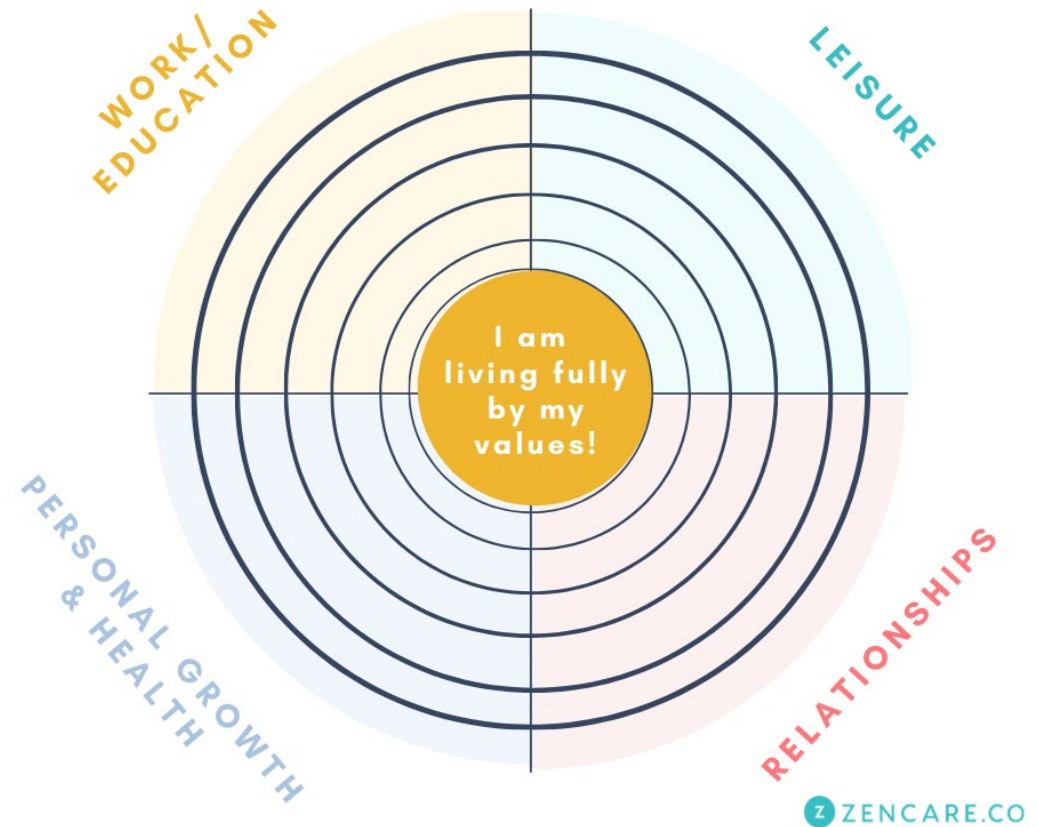
- “What were you hoping would change?”
- “Did that work?”
- “Is that in line with your values?”



**What is  
important to  
you?**

## **Values Bulls Eye**

Are you living by your values?



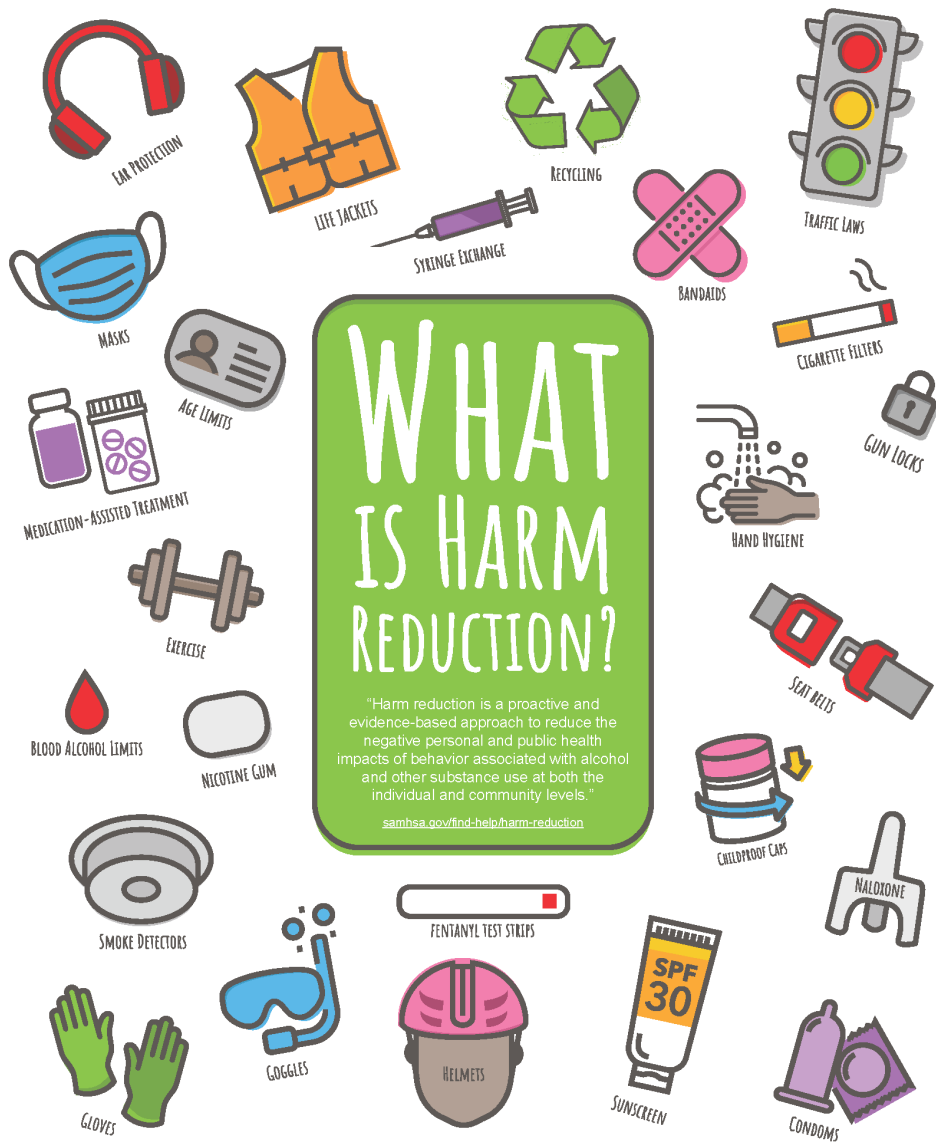


- **Reflection:** Your job is to be an honest mirror.



# Pleasant Activities





**Really...everything  
is behavior...**



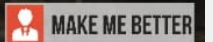
# Addiction

- 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.



# Unhelpful Thoughts

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



**Is this a noise or a  
sign?**



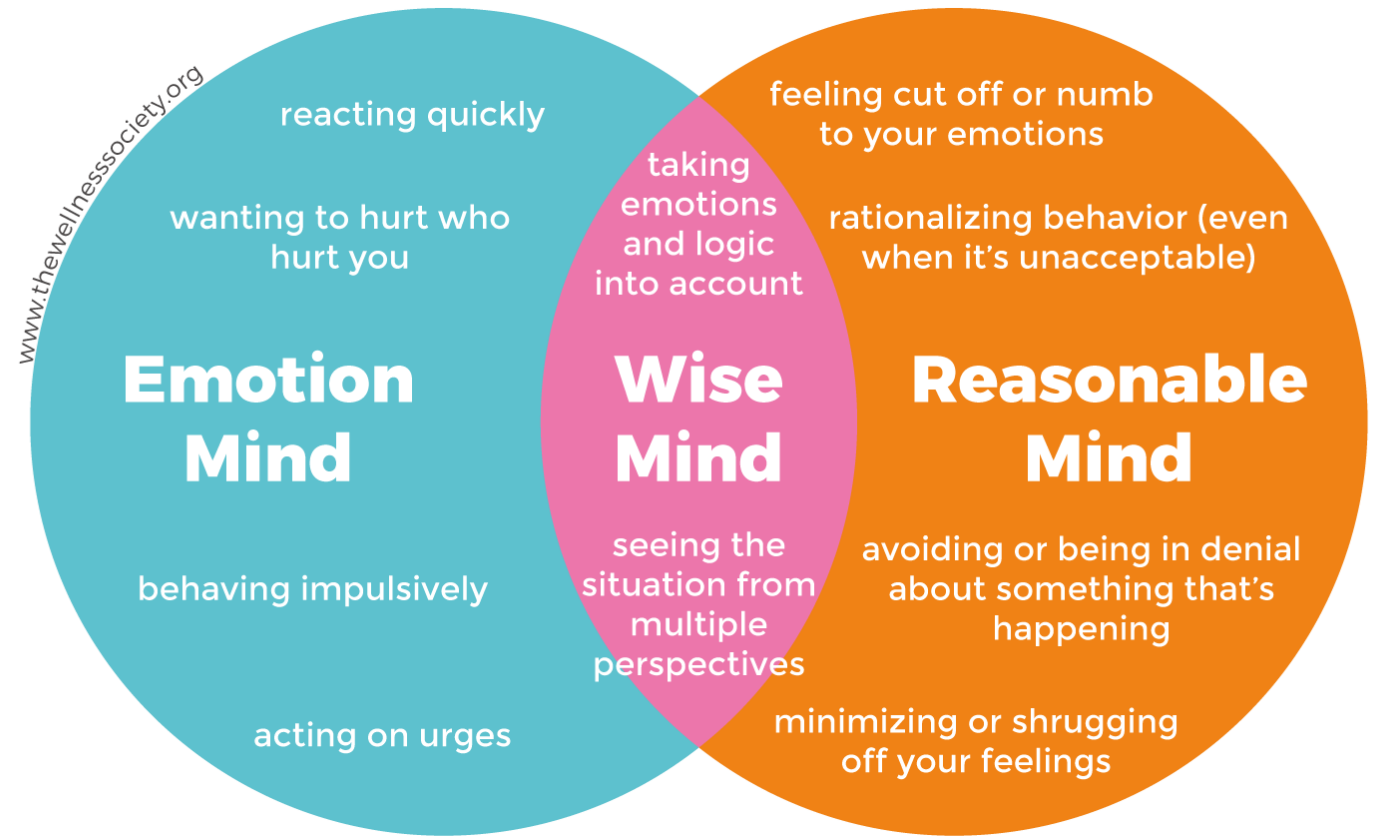




# Double Sided- Reflection



# Pausing before Responding



# 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



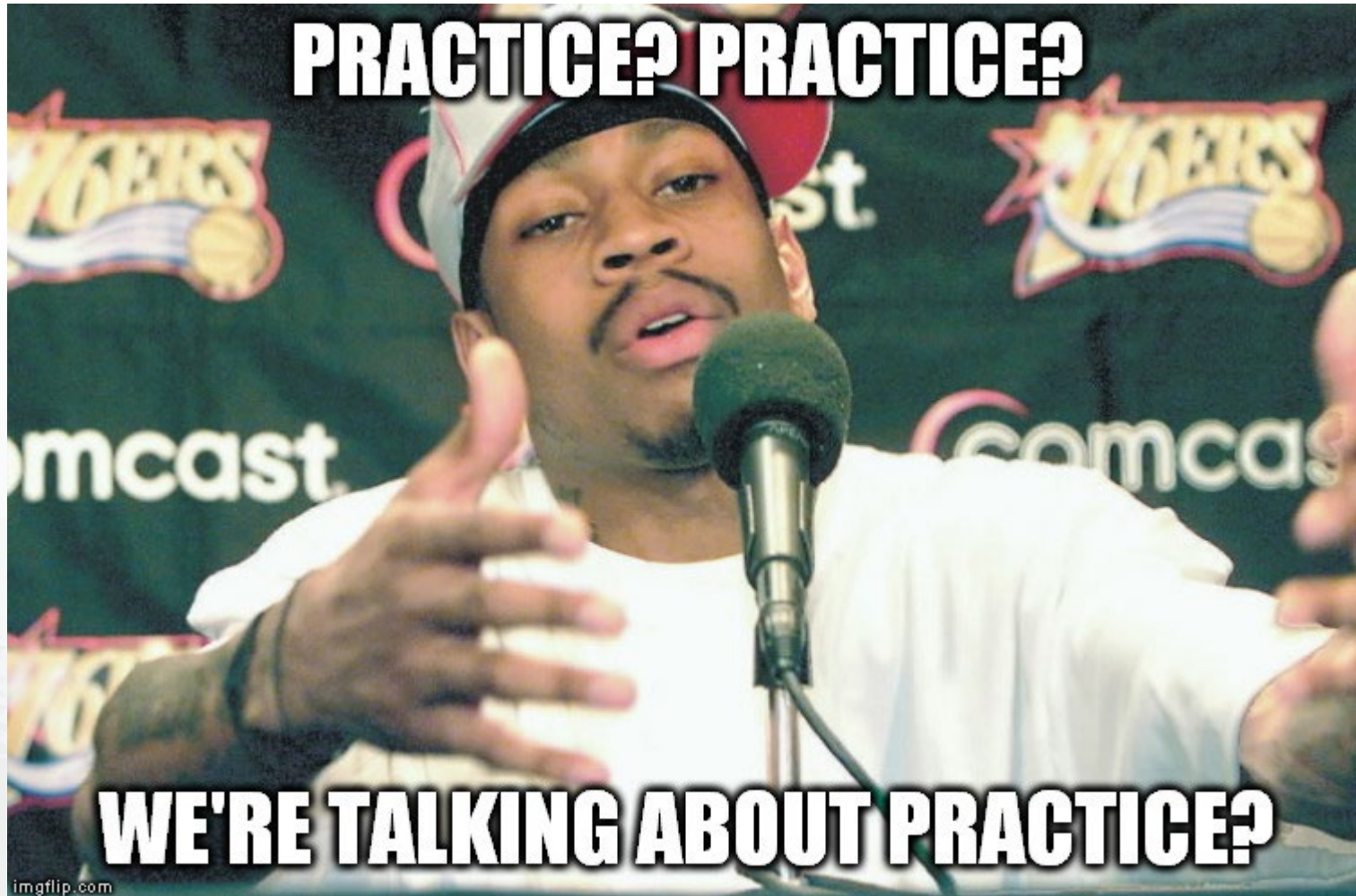
## SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions

 <b>body</b> lay on the ground, press your toes into the floor, squeeze playdough	 <b>5 senses</b> wear your favorite sweatshirt, use essential oils, make a cup of tea	 <b>self-soothe</b> take a shower or bath, find a grounding object, light a candle, feel something soft
 <b>observe</b> describe an object in detail: color, texture, shadow, light, shapes, size, weight	 <b>breathe</b> practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8	 <b>distract</b> find all the square or green objects in the room, count by 7s, say the date

THE GROWLERY @thegrowlery





## **“Prescribe” Practice**



# Snowball Effect



## GOALS OF COMMUNICATION SKILLS

Communication Goals



# Context of Communication



CS170371



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

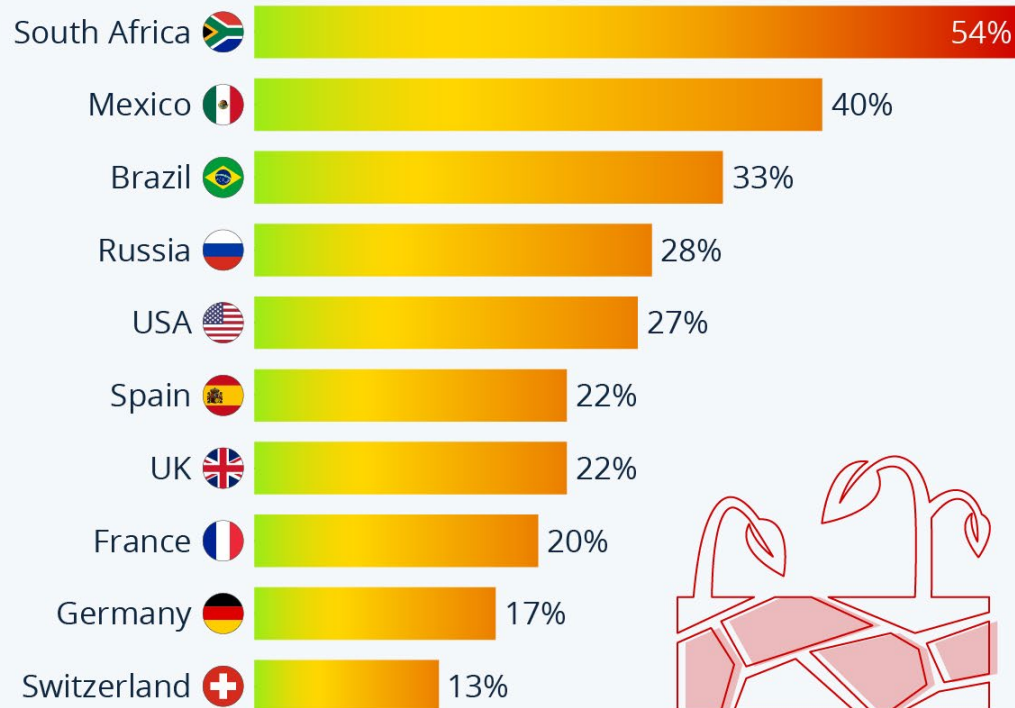
# Treatment Adherence



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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



statista

## Other Factors that Impact Health



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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.

**FAMILY SIZE!**

Nutrition Facts	
about 16 servings per container	
Serving size	3 cookies (34g)
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 135mg	6%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber less than 1g	2%
Total Sugars 14g	
Includes 14g Added Sugars	28%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 50mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**OREO**

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.



**McDonald's**

490 Cals  
Large Fries

290 Cals  
Large Cola

220 Cals  
4 McNuggets

540 Cals  
Big Mac

120 Cals  
Sauce

**1660 Calories**

Discover the food scan on the free App now: The Secret of Weight

Download on the App Store GET IT ON Google Play



# 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.”



The infographic features a pink background with a purple band across the middle. At the top, there are stylized illustrations of people's legs and feet in various colors (blue, grey, black, purple) walking. Below this, the word "WALK" is written in large white letters on the purple band, with a small white silhouette of a person walking. Underneath, "30 MINUTES A DAY TO..." is written in white. Below this, there are six purple boxes arranged in a 3x2 grid, each containing a white icon and text. The icons are: a heart with a pulse line, a person in a yoga pose, a pair of scales, a water drop with a downward arrow, a clipboard with a checkmark, and a flexing arm. The text in the boxes lists the benefits: Boost Heart Health, Improve Mood, Fight Weight Gain, Cut Diabetes Risk, Lower Odds of Some Cancers, and Strengthen Muscles & Bones. At the bottom, there is a small copyright notice and two logos: "SC" and "LAPBAND CENTER".

**WALK**

**30 MINUTES A DAY TO...**

-  **BOOST HEART HEALTH**
-  **IMPROVE MOOD**
-  **FIGHT WEIGHT GAIN**
-  **CUT DIABETES RISK**
-  **LOWER ODDS OF SOME CANCERS**
-  **STRENGTHEN MUSCLES & BONES**

COPYRIGHT THE LAP-BAND CENTER | Source: WebMD

SC LAPBAND CENTER





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



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**Distress Tolerance Skill**

# H.A.L.T.

© Mental Health Center Kids

Before engaging in self-destructive behavior, ask yourself

**Am I...**

## 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

Processed using the free version of Watermarkly. The paid version does not add this mark.

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# Vulnerabilities



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

**YOU MATTER**

**Text. Call. Chat.**

**988** SUICIDE & CRISIS  
**LIFELINE**

PEP23-23-08-03-002



## Take Aways

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

KINDNESS MATTERS.

When you see things differently,  
you do things differently.



# 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!**



# Next Week

Wednesday, February 18<sup>th</sup> 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).

