INTRODUCING PST-PC TO THE PATIENT IN SESSION 1

1. EXPLAIN THE STRUCTURE OF PST-PC
    - 4-8 Sessions
    - Weekly of bi-weekly sessions
    - Session 1: 1 hour
    - Sessions 2-8: 30-minutes
    - Apply full PST-PC format each session

2. ESTABLISH LINK BETWEEN **SYMPTOMS** AND **DEPRESSION**
    - Assure understanding that depression causing symptoms
    - Collect brief list of key depressive symptoms
    - If necessary, use "Mind/Body" explanation
    - State that will track symptoms during treatment

3. ESTABLISH LINK BETWEEN **PROBLEMS** AND **DEPRESSION**
    - Unresolved problems worsen depression
    - PST-PC strengthens problem-solving skills
    - Improved problem solving lifts mood
    - Emphasize that improvement follows action

4. FACILITATE A PROBLEM-SOLVING ORIENTATION
    - Problems are a normal, predictable part of living
    - They are not unfair and should not be unexpected
    - Problems are a challenge to be addressed, not avoided
    - Negative mood is a sign that problems exist and cue to action
    - "Stop and Think": Look for problem areas and start problem solving

5. DESCRIBE THE 7 STAGES OF PST
    - Defining, clarifying and breaking down problems
    - Establishing achievable goals
    - Generating multiple solution alternative: brainstorming
    - Implementing decision-making guidelines : pros and cons
    - Choosing the preferred solution(s)
    - Implementing the preferred solutions(s): Action Plan
    - Evaluating the outcome

6. ACTIVITY SCHEDULING
    - Depression causes people to stop doing enjoyable things
    - Planning enjoyable activities helps treat depression
    - We will focus on increasing pleasant events for each day

7. COMPILE A PROBLEM LST
    - Focus on current problems
    - Allow patient to spontaneously report before cuing with Problem List Worksheet