

Didactic Supplementary Materials for Behavioral Activation Videos

The following materials may be of use for supporting training in behavioral activation.

Discussion Questions:

How is behavioral activation more than just getting clients to schedule activities?

What do you need to consider when clients aren't ready to engage in behavioral activation?

How did the therapist in the videos make doing a functional assessment come to life?

Role Plays:

Role play how one might adapt the approach with:

- A younger client, such as a tween, perhaps with a co-occurring anxiety disorder, or in collaboration with a parent
- With an older adult client, perhaps one who is dealing with dementia, or in a residential (e.g., rehab or skilled nursing) facility
- With a client with limited mobility due to physical disability or health challenges
- With a client who is very busy, yet still depressed and feeling disengaged and getting no pleasure from activities