



## Defeating Depression: Clinician Tip Sheet

Thank you for your interest in MySelfHelp.com. If someone whom you are treating has subscribed to Defeating Depression, he or she will get more out of the program by receiving some guidance from you. As you will see, the program is designed to be used by people at all levels of the “Stages of Change.” Below we offer you suggestions regarding the best parts of the program for achieving certain treatment goals:

Goal	Explore
Accepting the diagnosis of depression; increasing knowledge about depression.	<ul style="list-style-type: none"> <li>▪ Depression Misconceptions</li> <li>▪ Risk Factors for Depression</li> <li>▪ How Depression Affects You</li> <li>▪ Personal Stories</li> </ul>
Reducing uncertainty or correcting mistaken assumptions about treatments.	<ul style="list-style-type: none"> <li>▪ Psychotherapy</li> <li>▪ Medication</li> </ul>
Identifying thoughts and beliefs associated with depression.	<ul style="list-style-type: none"> <li>▪ Basic Beliefs and Distorted Thinking</li> <li>▪ Find Your Automatic Thoughts</li> </ul>
Learning how to challenge one’s beliefs and thinking.	<ul style="list-style-type: none"> <li>▪ Challenge Distorted Thinking</li> <li>▪ Change Your Beliefs</li> </ul>
Changing basic beliefs or attitudes that create a predisposition to depression.	<ul style="list-style-type: none"> <li>▪ Change Your Beliefs</li> <li>▪ Overcoming Guilt (separate program)</li> <li>▪ Working On Low Self-Esteem (separate program)</li> <li>▪ Body Image (in Take Control of Bulimia)</li> </ul> <p>Exercises in our programs can be used repeatedly to achieve changes in longstanding beliefs.</p>
Developing constructive ways of coping with painful emotions.	<ul style="list-style-type: none"> <li>▪ Moods and Emotions (in Symptoms)</li> <li>▪ Stress Management (includes relaxation, etc.)</li> </ul>
Decreasing tension, worry, or anxiety.	<ul style="list-style-type: none"> <li>▪ Relaxation And Visualizations (including audios for downloading)</li> <li>▪ Self-Soothing Strategies</li> <li>▪ Thought-Stopping</li> </ul>
Becoming more active; increasing motivation	<ul style="list-style-type: none"> <li>▪ Staying Involved with Life</li> </ul> <p>Enables users to construct an activation plan and challenge beliefs that keep them from becoming more engaged in life.</p>
Ending treatment; learning to identify relapse and take prompt action.	<ul style="list-style-type: none"> <li>▪ Relapse Prevention</li> </ul> <p>Allows users to construct a comprehensive plan.</p>
Increasing compliance – with prescriptions, homework assignments, and other treatment recommendations.	<ul style="list-style-type: none"> <li>▪ Medication Tracker</li> <li>▪ Beliefs About Medication</li> <li>▪ Barriers to Self-help (in Changing Beliefs and Attitudes)</li> </ul> <p>You can encourage the person you are treating to use the Scheduler and Reminder features in the program to promote completion of therapeutic assignments, use of medication, and compliance with other treatment recommendations.</p>

<p>Increasing motivation to change, addressing beliefs that prevent change</p>	<ul style="list-style-type: none"> <li>▪ Barriers to Self-help (in Changing Beliefs and Attitudes)</li> <li>▪ Barriers to Change (in Managing Self-Defeating Behaviors)</li> <li>▪ Motivate Yourself (sections in Managing Self-Defeating Behaviors and Staying Involved with Life)</li> </ul>
<p>Practicing behaviors or coping strategies until they become more automatic.</p>	<p>All programs contain exercises that can be used repeatedly. Please remind your patient/client that on the top left hand side of most exercises there will be a heading titled “Existing Exercises.” Underneath it will be links to each previous use of the exercise. There will also be a “New Exercise” link – clicking on it will enable the user to start fresh on the exercise. Subscribers can use the Scheduler and Reminder features in the program to prompt completion of assignments and foster repetition and practice.</p>
<p>Identifying and monitoring symptoms; measuring progress.</p>	<ul style="list-style-type: none"> <li>▪ How Depression Affects You</li> </ul> <p>Contains numerous self-assessment and monitoring tools, all of which generate graphs to illustrate progress. Most exercises that teach specific coping strategies enable users to make frequency and severity ratings of target problems over time.</p>
<p>Working on specific symptoms.</p>	<ul style="list-style-type: none"> <li>▪ Symptom Selector</li> </ul> <p>This section provides help with specific symptoms and directs the subscriber to coping strategies presented elsewhere in the program. In addition, many “generic” coping strategies that can be used for a variety of symptoms (such as audio files for relaxation) can be found in the program:</p> <ul style="list-style-type: none"> <li>▪ Stress Management</li> </ul>
<p>Maintaining treatment gains; retaining new perspectives; storing information on skills and coping strategies for future access.</p>	<p>The following program features:</p> <ul style="list-style-type: none"> <li>▪ Save helpful exercises and useful information in “Favorites”, which can be organized around general issues (“Self-esteem Builders”) or specific themes (“Early Warning Signs of a Relapse”)</li> <li>▪ Use the “E-mail this page” feature to send material to oneself or one’s therapist for review</li> <li>▪ Enter Personal Notes, preserving one’s personal thoughts in response to any page in the program</li> <li>▪ Make entries in the online Journal</li> </ul>

Our programs will be most helpful if clinicians can review and guide their usage.

Please do not hesitate to send us your comments and criticisms. We welcome and value feedback from clinicians, because it enables us to improve the quality of our programs.