

Depression Management Skills

January – June 2012

What: A drop-in skills class to help you learn about depression and how you can deal with it more effectively.

When: Wednesdays, 9:05 - 10:00 a.m. Class meets 2-3 times per month. See the schedule below for details.

Where: Come to the check-in desk for the Outpatient Mental Health Clinic, through the door marked **1P-154a**. You don't need an appointment. Sign in at the desk by **8:55** to register for that day's class. The class leader will come to the waiting area at 9:05.

Contact: Dr. Julia Perry (612-467-1664)

Outline: The class will rotate through a 3-session cycle covering different topics. You can start with any session. You are encouraged to attend all 3 sessions, and it is possible to repeat sessions if needed.

Session 1: Basic information about depression and treatment options

Session 2: How behavior affects mood (including review of behavioral activation)

Session 3: How thoughts affect mood (including review of cognitive restructuring, cognitive defusion, and mindfulness)

Schedule:

January	February	March	April	May	June
1/4 <i>No Class</i>	2/1 <i>No Class</i>	3/7 <i>No Class</i>	4/4 <i>No Class</i>	5/2 <i>No Class</i>	6/6 <i>No Class</i>
1/11 Session 3	2/8 Session 2	3/14 Session 2	4/11 Session 1	5/9 Session 3	6/13 Session 3
1/18 <i>No Class</i>	2/15 <i>No Class</i>	3/21 <i>No Class</i>	4/18 <i>No Class</i>	5/16 <i>No Class</i>	6/20 <i>No Class</i>
1/25 Session 1	2/22 Session 3	3/28 Session 3	4/25 Session 2	5/23 Session 1	6/27 Session 1
	2/29 Session 1			5/30 Session 2	