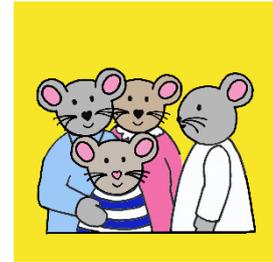


## Booster (Depression)

### Use This:

To follow up with the family after treatment for the young person's depression (1 and 3 months' post treatment).



### Goals

- The parent/young person will review successes and challenges encountered with previously taught skills
- The parent/young person will review skills learned and discuss how to apply them to anticipated future challenges.
- Complete **Feelings Thermometer** again if necessary
- Make adjustments or additional recommendations as needed

### Materials

- **Feelings Thermometer** (if required) (p. 329)
- **Weekly questionnaires** and **Monitoring sheet** (see pages 268 – 285)
- **Therapist Note Taking Sheet** (p. 267)

*⚡ If time is tight: Review the child's status with the parent to determine whether additional adjustments or interventions are warranted.*

### Main steps

<input type="checkbox"/> <b>Set an Agenda</b>	Remember to start by setting an agenda together.
<input type="checkbox"/> <b>Obtain Rating</b>	Review <b>Weekly questionnaires</b> and <b>Monitoring sheet</b> in detail, and review the strategies, what strategies are working well/what aren't working as well.
<input type="checkbox"/> <b>Discuss &amp; Review</b>	Discuss with the parent the child's progress and review the measures including any daily feelings records that may have been completed. Discuss any concerns the child may have at this point and reassure that continued practice after treatment has ended will lead to further improvement over time and/or prevent relapse. Praise the young person and the parent for continued commitment and encourage further practice.
<input type="checkbox"/> <b>Complete Feelings Thermometer</b>	Ask the young person or parent to complete the <b>Feelings Thermometer</b> and, if necessary, re-visit relevant sections of the manual and revise the plan for the future.

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<input type="checkbox"/> <b>Provide Feedback and Support</b>	Discuss with the parent and child the continued use of other strategies learned, the idea of having a regular 'session' at home to reflect on progress and provide praise for the continued use of strategies. Some continued feedback might be needed and can be offered at this point as well.
<input type="checkbox"/> <b>Review Progress</b>	Finally, discuss with the parent his or her satisfaction with the child's progress and whether it appears that goals have been met, or whether additional treatment or other supports are still needed. Work with the parent to review and evaluate progress, define long-term goals, and outline plans for additional supports or services needed.
<input type="checkbox"/> <b>Summarising</b>	Ask if they would like you to summarise the session, if they want to summarise or if you should do it together.

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### **Helpful Tips**

- When discussing how to apply the skills and tools that the parent has acquired during treatment to future problems, emphasise only those skills that you believe are highly likely to work well.
- If the family remains concerned about having ended treatment, you can emphasise that they can contact you if necessary anytime during working hours following this session.

### **How's Your Style?**

- Did you praise often?
- Did you review often, by asking questions?
- Did you simplify the steps as needed?
- Did your pace match that of the child or family?
- Did you stay on track?