

# Cognitive Behavioral Therapy for Depression (CBTDEP)

by Michael S. Scheeringa, MD

CBTDEP is a cognitive behavioral therapy protocol for adults with depression.

Age group: Adults  
Length: 10 sessions  
5 Handouts  
6 Worksheets  
5 Homework sheets

## Overview

The protocol includes steps for education on the interplay between cognitions (thoughts) and behaviors and emotions, cognitive restructuring, learning multiple thought modification techniques, and homework practice between sessions.

## Contents

62 total steps, including 28 core tasks.

CT = core task

### SESSION 1 Introduction

- Step 1.1 CT Give an overview of the sessions
- Step 1.2 CT Symptoms
- Step 1.3 Prioritize top 4 symptoms in Worksheet 1.1
- Step 1.4 Life context: Triggers, meaning, and impairment
- Step 1.5 Preview next week
- Step 1.6 CT Introduce first homework

### SESSION 2 Cognitive triad

- Step 2.1 Briefly review last week
- Step 2.2 Plan of the session
- Step 2.3 CT Introduce cognitive triad (or wheel)
- Step 2.4 CT Practice the cognitive triad (or wheel)
- Step 2.5 Pie chart of feelings worksheet
- Step 2.6 CT Review last week's homework and re-assign

### SESSION 3 Cognitive restructuring: Evidence for/Evidence against

- Step 3.1 Brief review
- Step 3.2 Plan of the session
- Step 3.3 CT Cognitive restructuring

- Step 3.4 CT Introduce techniques to modify thoughts
- Step 3.5 Morals, values, and ideology
- Step 3.6 CT Review last week's home homework and re-assign

SESSION 4 Cognitive restructuring: Helpful vs harmful thoughts

- Step 4.1 Brief review
- Step 4.2 Plan of the session
- Step 4.3 CT Cognitive restructuring
- Step 4.4 Revisit morals, values, and ideology
- Step 4.5 CT Review last week's homework
- Step 4.6 Explore lifestyle: fitness, nutrition, alcohol, medication
- Step 4.7 CT Homework 4: Implement cognitive restructuring at home

SESSION 5 Thinking traps

- Step 5.1 Brief review
- Step 5.2 Plan of the session
- Step 5.3 CT Cognitive restructuring
- Step 5.4 CT Introduce thinking traps
- Step 5.5 Revisit lifestyle
- Step 5.6 CT Review last week's homework
- Step 5.7 CT Homework 5

SESSION 6 Core beliefs

- Step 6.1 Brief review
- Step 6.2 Plan of the session
- Step 6.3 CT Re-visit and expand upon thinking traps
- Step 6.4 CT Cognitive restructuring
- Step 6.5 Introduce core beliefs
- Step 6.6 CT Homework 6

SESSION 7 Recalibration of expectations

- Step 7.1 Brief review
- Step 7.2 Plan of the session
- Step 7.3 Revisit core beliefs
- Step 7.4 CT Cognitive restructuring
- Step 7.5 Introduce recalibration of expectations
- Step 7.6 CT Homework 7

SESSION 8 Reiterate and consolidate

- Step 8.1 Brief review
- Step 8.2 Plan of the session
- Step 8.3 Revisit recalibration
- Step 8.4 CT Cognitive restructuring
- Step 8.5 Future plans for therapy
- Step 8.6 CT Homework 8

SESSION 9 Future plan

- Step 9.1 Brief review

- Step 9.2 Plan of the session
- Step 9.3 Revisit select issues
- Step 9.4 CT Cognitive restructuring
- Step 9.5 Solidify plan for post-protocol
- Step 9.6 CT Final homework 9

SESSION 10 Last session

- Step 10.1 Brief review
- Step 10.2 Plan of the session
- Step 10.3 Revisit select issues
- Step 10.4 CT Review last week's homework
- Step 10.5 CT Review progress and next steps
- Step 10.6 CT Anticipating relapses

## How to cite

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