

Treatment for Youths with Depression (TRTYDEP)

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TRYDEP is a cognitive behavioral therapy protocol for children and adolescents with depression.

Age group: 7-17 years

Length: 10 sessions

7 Handouts

5 Worksheets

7 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

72 total steps, including 37 core tasks.

CT = core task

SESSION 1 Introduction

- Step 1.1 The routine of involving parents
- Step 1.2 CT Give an overview of the sessions
- Step 1.3 CT Symptoms
- Step 1.4 Prioritize top 4 symptoms
- Step 1.5 Life context: Triggers, meaning, and impairment
- Step 1.6 Preview next week
- Step 1.7 CT Introduce first homework
- Step 1.8 CT Review with parent

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
- Step 2.7 CT Review session with parent

SESSION 3 Cognitive restructuring: Evidence for/Evidence against

- Step 3.1 Brief review of past week
- 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
- Step 3.7 CT Review session with parent

SESSION 4 Cognitive restructuring: Helpful vs harmful thoughts

- Step 4.1 Brief review of past week
- 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
- Step 4.8 CT Review session with parent

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
- Step 5.8 CT Review session with parent

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
- Step 6.7 CT Review session with parent

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
- Step 7.7 CT Review session with parent

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
- Step 8.7 CT Review session with parent

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
- Step 9.7 CT Review session with parent

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

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