

SESSION

1

DEPRESSIVE SYMPTOMS INTERVENTION

SESSION HANDOUTS

The following materials are included for you
to utilize during Session 1 of this module:

Handout 1.1 Goal Worksheet

Goal Worksheet By the end of this intervention:				
I want to feel LESS: <i>(please circle all that apply)</i>				
Nervous	Scared	Angry	Upset	Sad
I want to feel MORE: <i>(please circle all that apply)</i>				
Happy	Calm	Excited	Relaxed	
I want to change the way I do things and think about things: <i>(please circle all that apply)</i>				
<input type="checkbox"/>	Calm myself down when I feel upset.			
<input type="checkbox"/>	Think about things that happened without feeling upset.			
<input type="checkbox"/>	Talk about things that happened without feeling upset.			
<input type="checkbox"/>	Stop avoiding things that made me nervous.			
<input type="checkbox"/>	Have fewer problems in school.			
<input type="checkbox"/>	Think more about things before I do them.			
<input type="checkbox"/>	Make better decisions.			
<input type="checkbox"/>	Have fewer problems with my family.			
<input type="checkbox"/>	Have fewer problems with my friends.			
I also want to change:				
Parent's Section:				
What would you like to see changed in your child by the end of the intervention:				