

SESSION
8

DEPRESSIVE SYMPTOMS INTERVENTION

SESSION HANDOUTS

The following materials are included for you to utilize during Session 8 of this module:

Handout 8.1: Coping Strategies

Handout 8.2: Steps to Empathetic Listening

Handout 8.3: Effective Communication with Children and Teens

Coping Strategies



Do something enjoyable and distracting.



Do something soothing and relaxing.



Do something that expends energy.



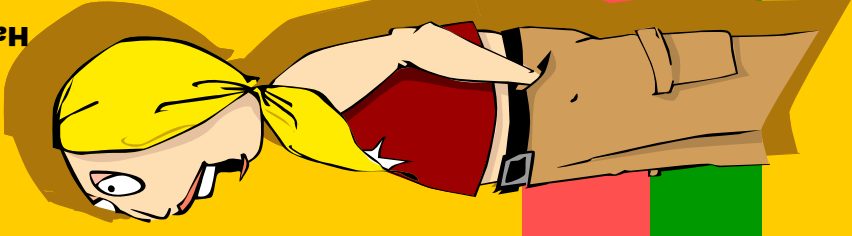
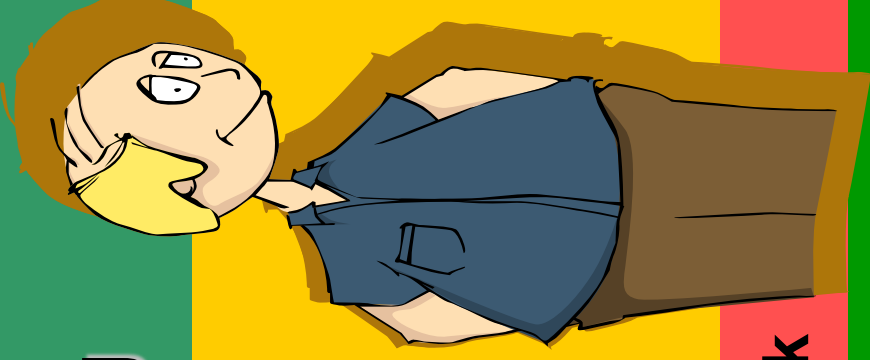
Find someone to talk to.



Change the way you are thinking.

Steps to Empathic Listening

Handout 8.2



Daughter Asks to Talk

Parents Clear Their Minds

Daughter States what She Wants to Say

Parents Listen without of Thinking of Rebuttals or Solutions

Recognize Emotions and Meaning

Parents State Their Understanding of Feelings and Meaning

Effective Communication with Children and Teens



Be Brief

Don't Blame

Be Specific About the Behavior

Empathic Listening

Say How You Feel

Give Alternatives

Words and Behaviors Match