

Reflection Exercise: Explaining & Reversing the Vicious Cycle of Depression

The following questions refer to the "Explaining the Vicious Cycle of Depression" and "Reversing the Vicious Cycle of Depression" CCI Clinical Demonstration videos, which can be viewed at: https://www.youtube.com/c/CentreforClinicalInterventions

The questions on the first page have been designed for early career clinicians/students. More experienced clinicians may wish to look at the questions on the second page.

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| 1. | Based on your viewing of the video, describe three reasons why providing psychoeducation is an important and effective component of therapy. |
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| 2. | Identify examples of how you think the therapist has tried to adopt each of these elements of therapeutic style. |
| | a. Collaborative |
| | b. Socratic |
| | b. Oddiano |
| | c. Validating |
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| 3. | What are some challenges that you may encounter when explaining the vicious cycle, or how to reverse it, to a client who is experiencing depression? How might you address these challenges? |
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| 1. | Think of a recent or current client who is presenting with depression. Draw what their |
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| | personalised vicious cycle of depression might look like. |
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| 2. | What considerations may be important to take when explaining the vicious cycle you |
| | have drawn above, or how to reverse the vicious cycle, with this client? |
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| 3. | What are some barriers that may contribute to clinicians not providing |
| | psychoeducation to their clients? |
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| 4. | If you are supervising a student or a less experienced colleague, how might you explain the importance of providing psychoeducation to them? |
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