



## ***Multitheoretical Psychotherapy for Depression***

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(MTP-D Shorter Version: 4 Approaches / 25 Strategies)

### **MTP-D Summary**

#### **Cognitive Strategies for Depression**

- COG-1. Educating clients about the way thoughts impact mood
- COG-2. Detecting automatic thoughts
- COG-3. Testing the validity of automatic thoughts
- COG-4. Searching for alternative explanations
- COG-5. Discovering more functional ways of thinking

#### **Behavioral Strategies for Depression**

- BHV-1. Monitoring connection between behavior & mood
- BHV-2. Identifying triggers that frequently result in avoidance
- BHV-3. Exploring the function of an action and deciding whether to avoid or activate
- BHV-4. Identifying specific behaviors likely to result in reinforcement
- BHV-5. Modeling & rehearsing target actions
- BHV-6. Assigning homework that clients are likely to accomplish
- BHV-7. Training to overcome skills deficits

#### **Experiential Strategies for Depression**

- EXP-1. Encouraging emotional awareness to distinguish btwn adaptive & maladaptive feelings
- EXP-2. Evoking clients' emotional experience
- EXP-3. Focusing attention on the body to clarify feelings
- EXP-4. Resolving splits by helping clients accept parts of themselves
- EXP-5. Helping clients overcome emotional blocks
- EXP-6. Generating new alternatives to problematic emotional patterns
- EXP-7. Reflecting on emotion to consolidate meaning

#### **Interpersonal Strategies for Depression**

- INT-1. Relating depression to the interpersonal context & identifying a major problem area
- INT-2. Resolving grief reactions
- INT-3. Identifying interpersonal role disputes
- INT-4. Navigating role transitions
- INT-5. Promoting the development of relationships
- INT-6. Analyzing communication patterns

### **Primary References**

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