Multitheoretical Treatment Planning for Depression

Please think of a depressed client you have worked with and answer the following questions.

1. Multidimensional Survey. How is this client's depression related to each of these dimensions?

Thoughts:

Actions:

Feelings:

Relationships:

Biological Symptoms:

2. Establishing Focal Dimensions. Identify two dimensions most closely related to the depression:

   Thoughts Actions Feelings Relationships Biology

3. Formulating a Multitheoretical Conceptualization. Write down some of your impressions of the client based on concepts from theories that correspond to the focal dimension.

4. Choosing Interventions from a Catalog of Key Strategies. Please review the key strategies for depression and identify two or three strategies from each of the theories corresponding to focal dimensions.

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