

CBT for Depression and Behavior Flow

Common Elements
Essential Elements
Caregiver Tasks

Assessment and Engagement

PSC-17 PHQ-9 (12+) OR MFQ (8 - 11)



Psychoeducation



Behavioral Activation

Caregiver support for behavior activation



Relationship Enhancement

1:1 Time & Positive Praise

Coping Skills with caregiver or caregiver and child (as needed)

Other skills with caregiver or caregiver and child (as needed)



Behavior Management Plans

Rewards & Consequences



Cognitive Processing