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| **Session** | **Content** |
| Introduction | Meet and greet, discussion of aims |
| 1 | Cognitive model of depression and symptoms experienced |
| 2 | Activate self and monitor activation levels |
| 3 | Self-blame and taking responsibility |
| 4 | Discuss what participants think they ‘should’ do and how to avoid |
| 5 | Guilt and shame |
| 6 & 7 | Automatic thinking and challenging negative thoughts |
| 8 | Testing predictions and relapse prevention |

**Table 1**. CBT depression management group content