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Learning about Depression - Family Use This:

To introduce the family to the planned course of

depression.

Main Steps	_	_	

	Praise the child's definitions and incorporate them into your		
	own.		
Discuss the Nature of Childhood Depression	Begin this discussion by asking for the parent's ideas of what depression is and how it is affecting his or her child.		
	Example script		

Frame the discussion around the depressive symptoms identified by the parent. Include the following points: (1) the difference between a transient sad mood and the more enduring nature of depression, (2) the fact that depression in children and teens may sometimes show up as irritability rather than the sadness seen in adults, and (3) the fact that different children may show depression in very different ways.

Note Your Need

Provide Rationale for Treatment

Review with the parent/s and child the notion that our behaviours and our thoughts greatly influence the way we feel.

Example script

Relate Practice to Mood

Explain the Importance of Monitoring

Introduce the idea of monitoring, which is just like gathering dues or evidence.

Example script

Helpful Tips