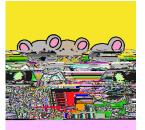
MICE Protocol

To conclude a course of treatment for depression.



The child will review skills learned and discuss how to apply them to anticipated future challenges The child will prepare a TV advertisement

If time is tight: Review the skills and tools that the child has acquired during treatment and celebrate the gains that have been made together.

Remember to start by setting an agenda together and by
reviewing any practice assignments.If the main focus is traumatic stress or anxiety, use the 0 to 10
scale of the Fear Thermometer to obtain Fear Ladder ratings
from both the child and his or her parent. If the main focus is
depressed mood, use the Feelings Thermometer to take a rating.
Review the Weekly questionnaires and Monitoring sheet in
detail.

If you have not done so in previous sessions, plan how the child will use the tools and skills he or she has learned during treatment to deal with possible difficult situations and events in the future (i.e., those events or situations most likely to elicit symptoms of anxiety or depression). This part of the session should be highly interactive with lots of input from the child as to which specific ways of applying the skills will be likely to really work.