

Co-creating metaphor for exploring lost **values** and **activities**

The case of a woman who had major depression due
to marital conflicts



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For improving depression ...

- There is a need to increase healthy behaviors
- How do we find healthy behaviors in a client's life?

This guideline is "value"

Case Presentation

I have obtained permission to present this case from client after explaining the purpose of the presentation

Client Description

Client:

Family:

Diagnosis: Major depressive disorder

Chief complaint:

Case formulation

- Depressed mood seemed to be caused mainly by the **husband's refusing physical intimacy**.
- She asked for physical intimacy **to ease** her depressed mood and loneliness.
- Her husband avoided topics on physical intimacy, and further, avoided his wife.
- Her behavior of seeking physical intimacy was also very **inflexible** and **dysfunctional**.
- what she valued other than her husband was **unclear**.

Measures

Self- report instruments:

- Beck Depression Inventory
 - 32/63 (Severe depression)
- Acceptance and Action Questionnaire II
 - 46/49 (Psychological inflexibility)

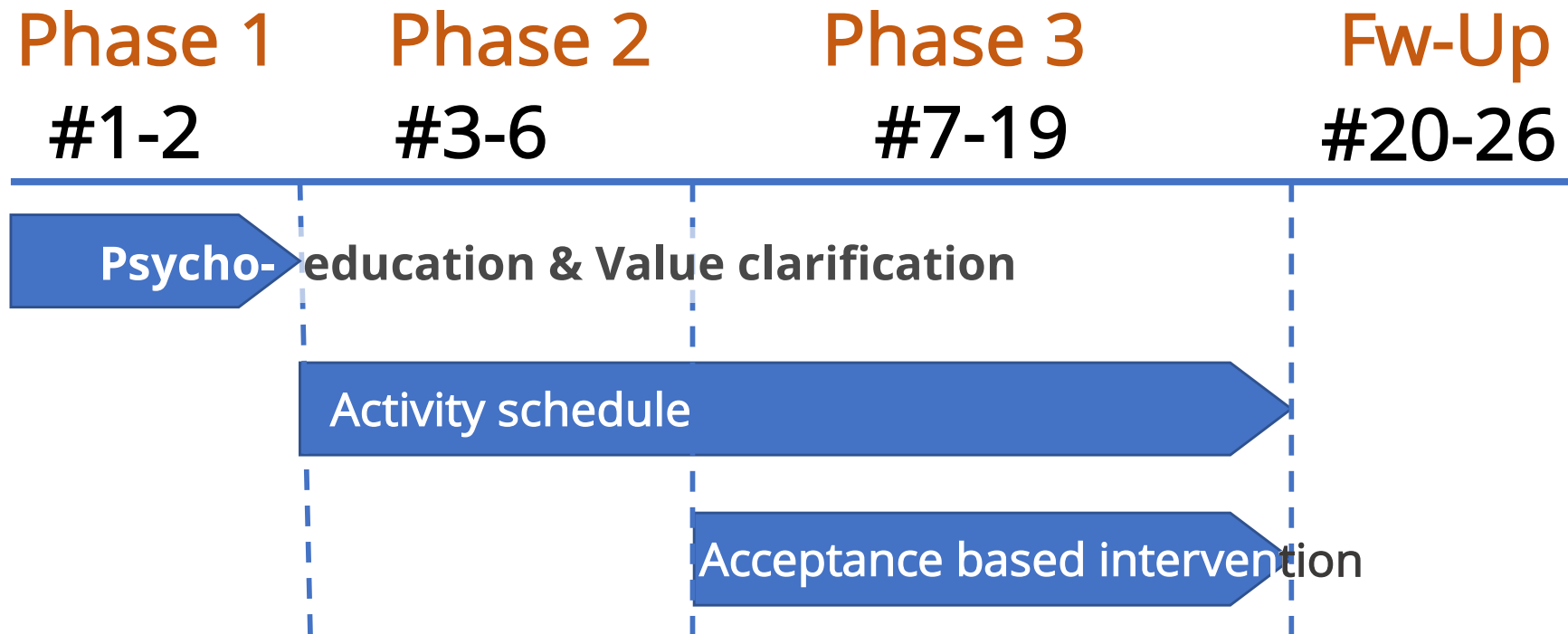
Course of treatment

Course of treatment

Sessions: 25 therapy session in total
19 intervention & 6 follow-up sessions

Frequency:

2/month (sessions), 1/2-3 months (follow-up)



Ongoing measurement

Self-monitoring

- Mood (0: bad to 100: fine)
- Number of activities based on value
- Percentage of activities on a bad mood day
(a day when mood scale was 40 or less)

Psychological scale

- BDI
- AAQ- II

Phase 1

#1-2 Psychoeducation & Value clarification

“exploring lost values and behavior cards”

exercise was introduced

Aim: Helping her understand that

- 1) uncertain values can cause depression
- 2) Value-based behaviors play an important role in the treatment of depression

Phase 2

#3-6 **Activity** schedule

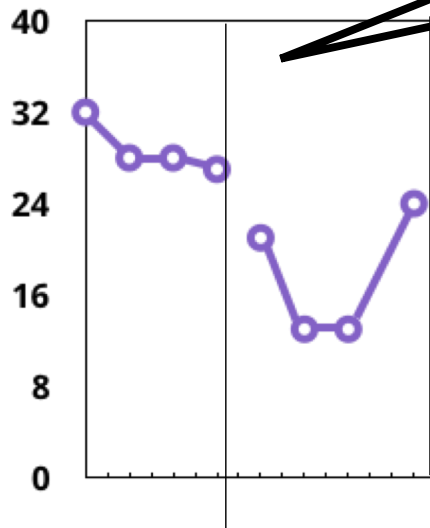
Developed an activity schedule (using cards)

Made plans to execute these activities in daily life

Points for implementation

- We selected activities that we presumed would offer as many opportunities to be reinforced as possible.
- Maintain a record of activities every day

BDI



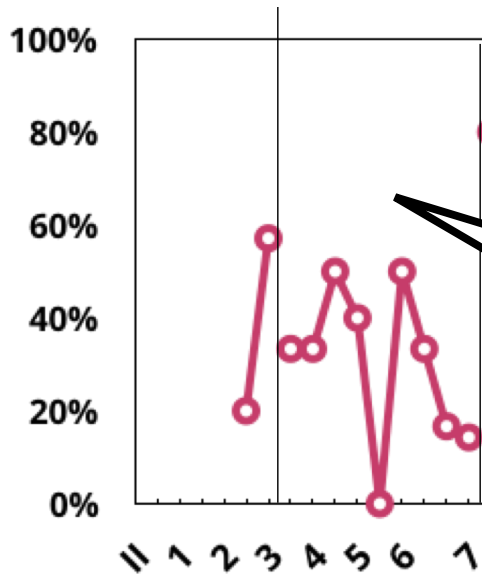
Improvement in her depression compared to the baseline

Depression level rose again

Results of activity schedule

- Activity schedule was having an insufficient effect.
- it was important to carry out value-based activities while accepting her depressed mood.

Percentage of activities on a bad mood day



Acceptance based intervention

Even after introducing the activity schedule, she was still unable to activate on a bad mood day

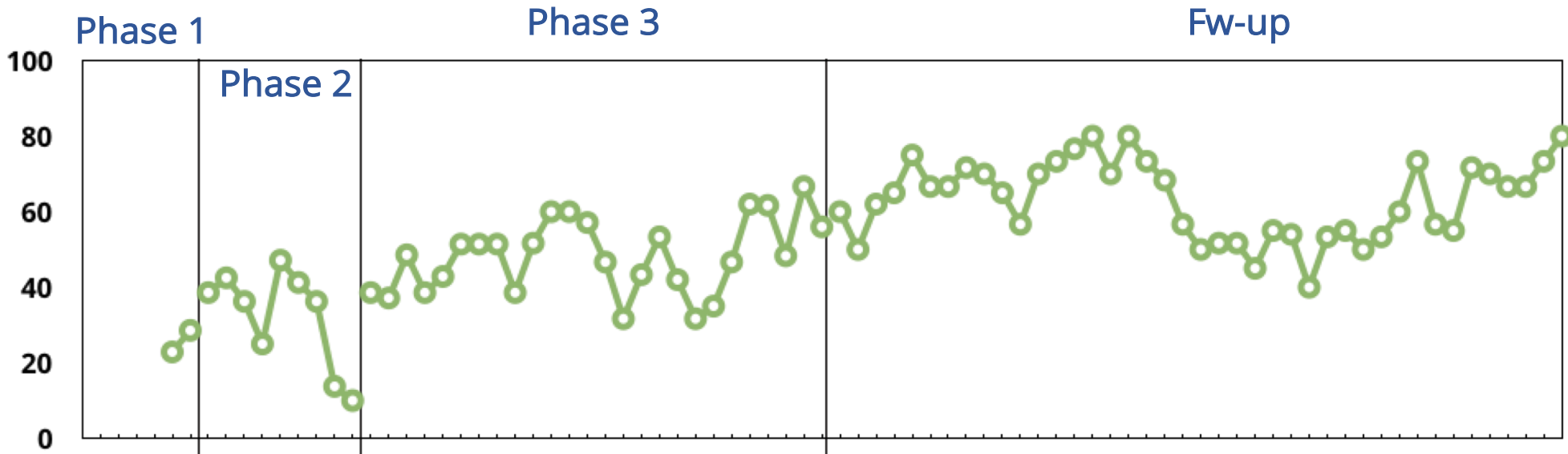
Phase 3

#7-19 **Acceptance** based intervention

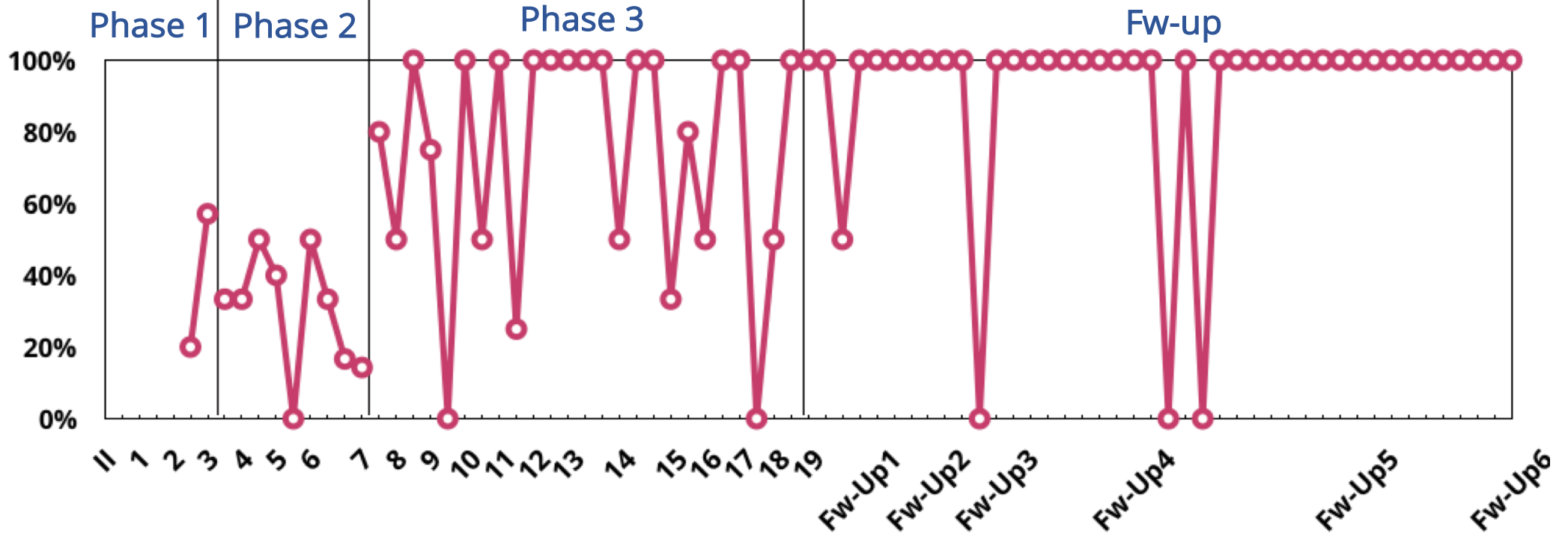
- To help her do activities based on value without being affected by her mood.
- She practiced approaching and observing unpleasant experiences through exercises rather than avoiding them.
- We practiced doing mindful activities based on her values.

Treatment outcome

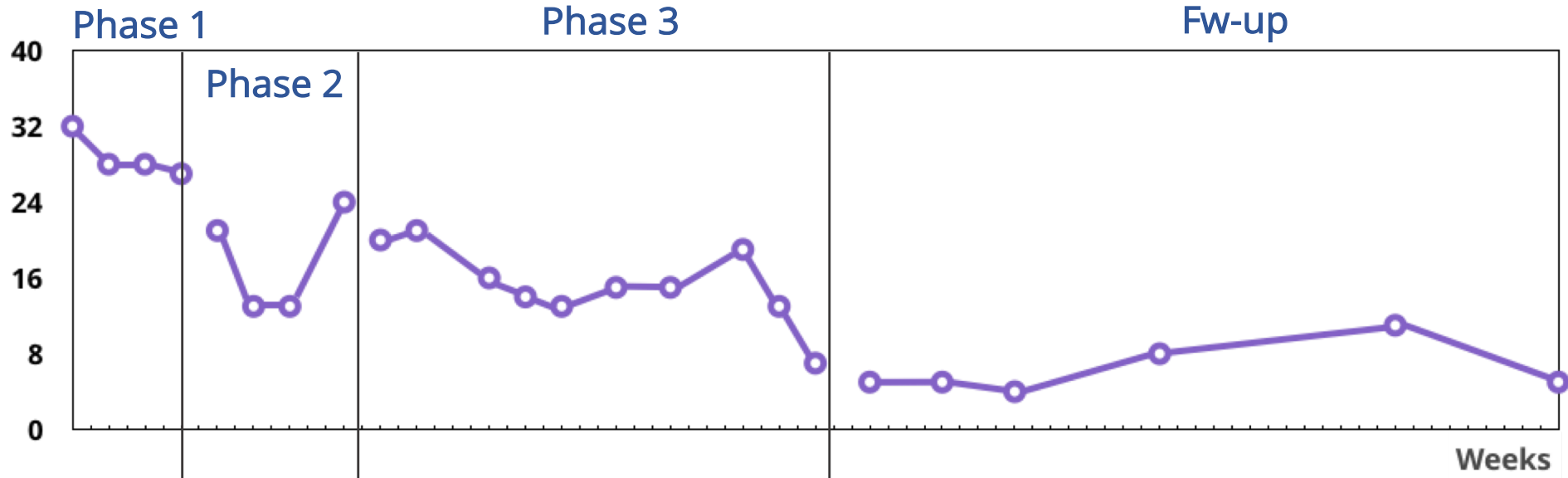
Mood



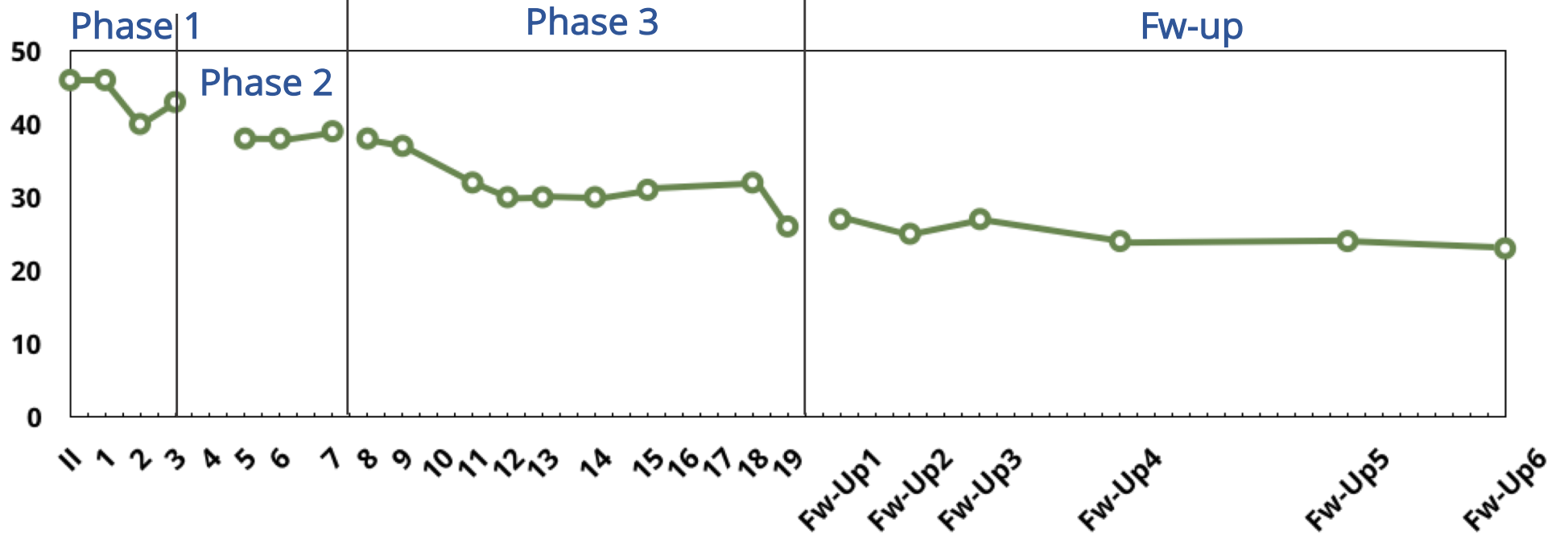
Percentage of activities on a bad mood day



BDI



AAQ-II



An impression of a client about therapy

- Because I was lonely, I was dependent on my husband too much. It may be that my husband feels it painful
- Now I do not demand anything from my husband more than I need. Then, my husband came to talk to me frequently, and ask me for Physical intimacy.

The opportunity for conversation and physical intimacy with her husband increased.

Conclusion

Findings

- Stickiness to a specific value can cause loss of behavioral flexibility
- Acceptance-based intervention made it possible to implement stable value-based activities.
- Ongoing measurement made it possible to flexibly select techniques.

Thank you
very much

For details,

Shudo, Kamei, & Towatari, 2018, Clinical Behavior Analysis with a Depressed Woman: Case Study of Behavioral Activation Therapy and Acceptance & Commitment Therapy for a Client Who had Problems with Her Relations With Her Husband. Japanese Journal of Behavioral and Cognitive Therapy, 44(1), 53-65.