

Phases of Behavioral Activation



Phase 1 Early

1-2 sessions

- Establish an effective relationship with clients
- Help them understand the BA model
- Get commitment from the client to work with you

Phase 2 Middle

3-6 sessions

- Work with the client on behavioral activation and problem solving

Phase 3 Ending

~1 session

- Review progress
- Strengthen the progress the client has made during the time you have been working together
- Create plans to deal with difficult situations in the future