

mood & symptom monitoring

The purpose of self monitoring is to help you become more aware of yourself, your moods, and what's going on in your life so that you can better manage your illness, make informed decisions, prevent further illness episodes, and ultimately have the quality of life you want. Basically, self-monitoring involves identifying subtle changes in your daily mood and being aware if you are experiencing hypomanic, manic, and depressive symptoms. Self-monitoring doesn't take long to do and you'll find that it gets easier once you include it in your daily routine.

Mood Monitoring

The first step to self monitoring is monitoring your mood for the day. Ask yourself, "How did I feel today? Was my mood within the normal range, or was I feeling slightly low or high? How low? How high?" Rate your mood, between -5 (depressed) and +5 (manic). Try to rate your mood at the same time everyday. Use the mood graph below to monitor your moods. Try it for a week and see if you can identify any pattern in your mood fluctuations.

You might also want to take note of the circumstances in which you experienced particularly high or low moods. Bring your completed mood graph to your doctor or mental health professional and discuss your observations with them.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Date:							

Manic

+5	-	-	-	-	-	-	-
+4	-	-	-	-	-	-	-
+3 Time to Intervene	-	-	-	-	-	-	-
+2 Monitor Closely	-	-	-	-	-	-	-
+1	-	-	-	-	-	-	-
0 Normal	-	-	-	-	-	-	-
-1	-	-	-	-	-	-	-
-2 Monitor Closely	-	-	-	-	-	-	-
-3 Time to Intervene	-	-	-	-	-	-	-
-4	-	-	-	-	-	-	-
-5	-	-	-	-	-	-	-

Depressed

Circumstances in which I experienced high or low moods:

Symptom Monitoring

Another way of monitoring yourself is to identify and be aware of any signs and symptoms associated with a depressive, manic, or mixed episode that you might be experiencing. Use the worksheet below to record any symptoms that might have interfered with most of your day-to-day activities. If you experience a number of these symptoms over a few days, you might want to consider taking some action. Talk to your doctor or mental health professional about what you can do to prevent a full-blown mood episode.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Date:							
Depressed mood							
Loss of interest or pleasure							
Increase or decrease in appetite							
Unable to sleep or sleep too much							
Physically agitated or slowed down							
Fatigue or loss of energy							
Feeling worthless or guilty							
Unable to concentrate or make decisions							
Thoughts of death or suicide							
Elevated or irritable mood							
Increased self-esteem or self-confidence							
Decreased need for sleep							
More talkative than usual							
Racing thoughts							
Easily distracted							
Increase in goal-directed activity							
Overly eager to engage in pleasurable activities							

Circumstances in which I experienced these symptoms:

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Cci Mood Management Therapist Manual

Paul Emmelkamp, Thomas Ehring

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the authors' names.

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The Wiley Handbook of Anxiety Disorders Paul Emmelkamp, Thomas Ehring, 2014-03-31 This state of the art Handbook on the research and treatment of anxiety and related disorders is the most internationally and clinically oriented Handbook currently available encompassing a broad network of researchers from leading experts in the field to rising stars The very first handbook to cover anxiety disorders according to the new DSM 5 criteria Published in two volumes the International Handbook provides the most wide ranging treatment of the state of the art research in the anxiety disorders Offers a truly international aspect including authors from different continents and covering issues of relevance to non Western countries Includes discussion of the latest treatments including work on persistence of compulsions virtual reality exposure therapy cognitive bias modification cognitive enhancers and imagery rescripting Covers treatment failures transdiagnostic approaches and includes treatment issues for children as well as the older population Edited by leaders in the field responsible for some of the most important advances in our understanding and treatment of anxiety disorders 2 Volumes

Cognitive Behavioral Therapy for Anxiety and Depression, An Issue of Psychiatric Clinics of North America Stefan G. Hofmann, Jasper Smits, 2017-11-06 This issue of Psychiatric Clinics edited by Drs Stefan G Hofmann and Jasper Smits will focus on Cognitive Behavioral Therapy for Anxiety and Depression Topics covered in articles in this issue include but are not limited to Basic strategies of CBT Core mechanisms of CBT CBT for anxiety and depression in severe mental disorders Unified treatment for anxiety disorders Internet assisted CBT Cultural adaptations of CBT Pharmacological enhancements of CBT and Current status and future directions of CBT

Essential Skills Clusters for Nurses Linda Childs, Lesley Coles, Barbara Marjoram, 2009-05-11 This timely book identifies the theory which underpins these Essential Skills Clusters to support the development of best nursing practice I hope you enjoy it From the foreword by Garth Long Professional Education Advisor Nursing and Midwifery Council All nursing students are required to have the underpinning knowledge to demonstrate proficiency in performing nursing skills especially those identified on the Essential Skills Clusters Essential Skills Clusters for Nurses is a comprehensive practical resource for students providing them with the core theory and knowledge underpinning these nursing skills Divided into five sections that discuss a particular area of the Essential Skills Clusters this text explores care compassion and communication organisational aspects of care infection prevention and control nutrition and fluid maintenance and medicines management and pharmacology It will be essential reading for all pre registration nursing students on all branch programmes Key features of the text Provides the underpinning theory and knowledge behind core nursing skills and those on Essential Skills Clusters Relevant and applicable to all branches of nursing Accessible and interactive with activities further reading and case studies Each chapter written by a specialist in that particular field

Treatment of Generalized Anxiety Disorder Gavin Andrews, Alison E. J. Mahoney, Megan J. Hobbs, Margo Genderson, 2016 Generalized Anxiety Disorder GAD is characterised by excessive anxiety and worry about

everyday concerns such as work family relationships finances health and safety People who worry in a maladaptive way benefit from good proactive treatment This is an essential guide for all therapists who deal with this debilitating problem

Handbook of Psychological Assessment, Case Conceptualization, and Treatment: Children and adolescents Michel Hersen, 2008 Handbook of Psychological Assessment Case Conceptualization and Treatment provides in two volumes comprehensive coverage of the fundamentals of psychological practice across the age spectrum and features contributions from leading international researchers and professionals This book gathers contributions from leading international scholars and practitioners to present the latest evidence based findings regarding best practices for a number of prevalent DSM disorders and other issues facing individuals of all ages as well as special groups The Oxford Handbook of Rehabilitation Psychology Paul Kennedy, 2012-08-16 Rehabilitation psychology is one of the fastest growing fields in applied psychology In this book the editor has successfully brought together a range of well established international and experienced researchers and practitioners to provide a guide to best practice clinical management and the wider professional themes and issues

Mental Health Care: An Introduction for Health Professionals, 5th Edition Catherine Hungerford, Donna Hodgson, Richard Clancy, Gillian Murphy, Kerrie Doyle, Maree Bernoth, Michelle Cleary, 2023-09-25 Mental Health Care 5th Edition helps students learn the subject matter as part of a multi disciplinary team of care providers With an emphasis on understanding practical real life scenarios the text helps students develop a sense of empathy and gain confidence in care provision **Principle-Based Stepped Care and Brief Psychotherapy for Integrated Care Settings** Alexandros Maragakis, William T. O'Donohue, 2018-02-13 This timely volume provides the practitioner with evidence based treatments for many of the clinical problems encountered in integrated care It applies the core concepts of stepped care to integrating brief mental health interventions as a way to address ongoing problems in the modern healthcare landscape It sets out in depth the state of the healthcare crisis in terms of costs staffing and training issues integration logistics and management system culture and a variety of clinical considerations Central to the book is a best practice template for providing behavioral stepped care in medical settings including screening and assessment levels of intervention and treatment referrals and collaboration with primary care and other specialties Using this format contributors detail specific challenges of and science based interventions for a diverse range of common conditions and issues including Depression Anxiety disorders Adherence to chronic obstructive pulmonary disorder management Alcohol and other substance misuse Attention deficit hyperactivity disorder Chronic pain Neurocognitive disorders Paraphilias problematic sexual interests WU3 Sexual abuse and PTSD in children A solid roadmap for widescale reform Principle Based Stepped Care and Brief Psychotherapy for Integrated Care Settings is deeply informative reading for health psychologists social workers psychiatrists and clinical psychologists It also clarifies the research agenda for those seeking improvements in healthcare quality and delivery and patient satisfaction

Contemporary Clinical Psychology Thomas G. Plante, 2005-01-07 This new edition provides the reader with the latest

developments in clinical psychology An excellent text for introducing and motivating students to become well informed consumers of clinical psychology information Every chapter provides valuable information for mental health students entering the profession Gerardo D Canul PhD Clinical Psychologist and Lecturer University of California Irvine Visiting Faculty Graduate School of Psychology and Education Pepperdine University UP TO DATE INFORMATION AND INSIGHT ON BECOMING A CLINICAL PSYCHOLOGIST Contemporary Clinical Psychology Second Edition presents a broad spectrum overview of clinical psychology Featuring a detailed review of the history scientific foundations and theoretical orientation of the field as it highlights the activities roles and responsibilities of today's clinical psychologist this realistic and practical view from the inside provides Insights into prevention ethics evidence based treatments confidentiality laws and regulations including HIPAA and countless other current issues Case studies detailing the theoretical conceptualization assessment and treatment of clients along with discussions of testing therapy consultation and ethics Chapter ending Big Picture synopses and lists of key points and terms to ensure understanding of the material covered as well as a unique Real Students Real Questions section featuring actual questions asked by clinical psychology students Firsthand input from a diverse cross section of professionals about embarking on a career in clinical psychology Current and future trends plus a step by step road map that covers all aspects of becoming a clinical psychologist Utilizing an integrative biopsychosocial approach throughout this thoroughly revised text reflects a contemporary perspective of clinical psychology Author Thomas Plante a practicing clinician as well as college professor draws on his own experience working with clients as well as his work as a mental health director and consultant to illustrate the real world of clinical psychology and provide an accurate picture of how science and practice function together in the day to day practice of psychology From general knowledge and information to specific topics including modes of research and areas of specialization Contemporary Clinical Psychology Second Edition presents a comprehensive and engaging view of the art and science of clinical psychology Designed for upper level undergraduates and first year graduate students yet invaluable for virtually anyone pursuing a career in psychology or related fields it provides a frank and contemporary portrayal of the dynamic field of clinical psychology from many different perspectives and in many different settings

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