**Course syllabus**

The course has 12 modules, each including text content, explanatory videos, role play demonstration videos and scripts to the role play videos. You must score at least 80 per cent in the self-assessment test to complete the course.

There is no time limit for this course and you can return at any time. Note that this e-course must be attempted with reference to the full manual available in the Course Materials.

**Module 1: Depression – An Introduction**

In this module, you will gain a brief understanding of depression, its symptoms and how to detect it.

1.1 Read pages 7-8 and watch the video lecture

1.2 Read pages 8-9 and watch the video lecture

1.3 Read pages 9-11 and watch the video lecture

**Module 2: Healthy Activity Program**

In this module, you will get a general overview about the Healthy Activity Program

**Module 3: Style of a HAP Counsellor**

In this module, you will learn about maintaining session structure, focusing on action, learning together collaboratively, being non-judgmental, acknowledging the patient’s experience, being encouraging, expressing warmth and being genuine

3.1 Read page 15

3.2 Read page 16

3.3 Read page 17

3.4 Read page 17

3.5 Read page 17

3.6 Read page 18

3.7 Read page 18

**Module 4: Phase 1**

In this module you will get an overview of the first phase of HAP, and learn how to introduce yourself, establish the length of the first session, set an agenda, know your patient, questions to ask, how to assess suicide risk, specifics of counselling, involve a significant other, elicit commitment, address barriers, address the patient’s chief concerns, summarise and set the next session date

4.1 Read page 20 and watch the video lecture

4.2 Read page 21

4.3 Read page 21

4.4 Read page 21 and watch the role play demonstration video

4.5 Read page 22

4.6 Read page 23

4.7 Read page 23

4.8 Read page 23

4.9 Read page 24, watch the video lecture and the role play demonstration video

4.10 Read page 25

4.11 Read page 25

4.12 Read page 26

4.13 Read page 27

4.14 Read page 27

4.15 Read page 29

4.16 Read page 29

4.17 Read page 30

4.18 Read page 30

**Module 5: Phase 2**

In this module, you will get an overview of the second phase of HAP and also learn how to get active and solve problems, overcome barriers to complete the activity plan, break down an activity, time an activity, help the patient overcome difficulties in doing an activity, solve problems, find solutions to common problems, involve a significant other in activation and problem solving, and plan homework

5.1 Read page 37

5.2 Read page 30 and watch the role play demonstration video

5.3 Read page 38 and watch the role play demonstration video

5.4 Read page 39

5.5 Read page 40 and watch the role play demonstration video

5.6 Read page 40

5.7 Read page 40 and watch the video lecture

5.8 Read page 43 and watch the role play demonstration video

5.9 Read page 43 and watch the video lecture

5.10 Read page 44 and watch the role play demonstration video

5.11 Read page 48

5.12 Read page 49

5.13 Read page 49

**Module 6: Phase 3**

In this module, you will get an overview of the third phase of HAP and also learn how to review homework and skills the patient has learnt, summarise steps to help the patient stay well over time, involve a significant other in staying well and ending the treatment well.

6.1 Read page 51 and watch the video lecture

6.2 Read page 51 and watch the video lecture

6.3 Read page 51 and watch the video lecture

6.4 Read page 51

6.5 Read page 52

6.6 Read page 52

6.7 Read page 52

6.8 Read page 52

6.9 Read page 53

**Module 7: Strategies for Thinking Too Much**

In this module, you will learn about the problem of thinking too much and the various strategies to help the patient deal with it.

7.1 Read page 56 and watch the video lecture

7.2 Read pages 56-57 and watch the video lecture

7.3 Read page 58, watch the video lecture and the role play demonstration video

**Module 8: Strategies for Feeling Anxious and Tense**

In this module, you will learn about the problem of feeling anxious and tense, how to assess whether the patient needs relaxation training and how to teach the breathing exercise.

8.1 Read page 60 and watch the video lecture

8.2 Read page 60 and watch the video lecture

8.3 Read page 60

8.4 Read page 61, watch the video lecture and role play demonstration video

**Module 9: Dealing with Problems with Someone Close to the Patient**

In this module you will learn to identify how people close to the patient might affect him/her and solutions to problems that might arise because of it.

9.1 Read page 64 and watch the video lecture

**Module 10: Dealing with Sleep Difficulties**

In this module, you will learn the causes for sleep issues and how to identify techniques to deal with it.

10.1 Read page 65 and watch the video lecture

**Module 11: Dealing with Tobacco Use**

In this module, you will learn about the relationship between tobacco use and depression and how to deal with it

11.1 Read page 65 and watch the video lecture

**Module 12: Use of Medicines in Depression**

In this module, you will learn how medicines are used to help alleviate depression

12.1 Read page 71

12.2 Read page 71

12.3 Read page 71