



PDP Request Form and Assessment

Thursday, March 26, 2020
2-4pm

REMOTE WORKSHOP- Behavioral Activation: Addressing the Needs of Students with Depression During Social Distancing

Massachusetts Partnership for Youth (MPY), Inc., distributes Professional Development Points (PDPs) to school personnel. If you would like to apply for PDPs today, please fill out the information below and complete the assessment.

PLEASE NOTE: You must submit this information every time you attend an MPY, Inc. event to ensure you receive all your earned hours of PDPs. PDPs can be only issued for a minimum of 10 hours of programming during **the 2019-2020 school year.**

PDP Certificates for all events will be emailed at the end of each school year.

Name: _____ **School/District:** _____

Email: _____ **Phone Number:** _____

Mailing Address: _____

Program Goals: To learn about the use of behavioral activation to support students presenting with depression. To understand that students who may already be socially isolating are at a heightened risk of a sustained cycle of inactivity, isolation, and depression as a function of the need to engage in social distancing during the COVID-19 crisis. To learn strategies and resources to support students remotely and engage them in behavioral activation.

Please Circle True or False:

1. Behavioral activation is an evidence-based approach to treating depression.	True	False
2. Behavioral activation must be accompanied by cognitive restructuring to be effective.	True	False
3. Inactivity and isolation are reinforced in the cycle of depression.	True	False

(back)

Code: _____

What strategies do you think will be the most helpful with your practice?
