

Brief Mood Survey

Instructions. Put today's date in one of the columns to the right. Then put your score on each item in the boxes below the date, based on how you've been feeling recently. Total your score in the box at the bottom. Please answer all of the items.	Put Today's Date Here							
Score each item like this: 0 = Not at all; 1 = Somewhat; 2 = Moderately; 3 = A lot; 4 = Extremely								

Anxious Feelings

1. Anxious								
2. Nervous								
3. Worried								
4. Frightened or apprehensive								
5. Tense or on edge								
Total for today →								

Anxious Physical Symptoms

1. Skipping, racing, or pounding of the heart								
2. Sweating, chills, or hot flushes								
3. Trembling or shaking								
4. Feeling short of breath or difficulty breathing								
5. Feeling like you're choking								
6. Pain or tightness in the chest								
7. Butterflies, nausea, or upset stomach								
8. Feeling dizzy, light-headed, or off-balance								
9. Feeling like you're unreal or the world is unreal								
10. Numbness or tingling sensations								
Total for today →								

Depression

1. Sad or down in the dumps								
2. Discouraged or hopeless								
3. Low self-esteem								
4. Worthless or inadequate								
5. Loss of pleasure or satisfaction in life								
Total for today →								

Suicidal Urges

1. Do you have any suicidal thoughts?								
2. Would you like to end your life?								
Total for today →								

David Burns Brief Mood Survey

David D. Burns



David Burns Brief Mood Survey:

When Panic Attacks David D. Burns, M.D., 2007-06-12 The truth is that you can defeat your fears The author of the four million copy bestselling Feeling Good offers 40 simple effective CBT based techniques to overcome every conceivable kind of anxiety without medication Few truly great books on psychotherapy have been published and this is one of them Albert Ellis Ph D founder of the Albert Ellis Institute and bestselling author of A Guide to Rational Living We all know what it s like to feel anxious worried or panicky What you may not realize is that these fears are almost never based on reality When you re anxious you re actually fooling yourself telling yourself things that simply aren t true See if you can recognize yourself in any of these distortions All or Nothing Thinking My mind will go blank when I give my presentation at work and everyone will think I m an idiot Fortune Telling I just know I ll freeze up and blow it when I take my test Mind Reading Everyone at this party can see how nervous I am Magnification Flying is so dangerous I think this plane is going to crash Should Statements I shouldn t be so anxious and insecure Other people don t feel this way Self Blame What s wrong with me I m such a loser Mental Filter Why can t I get anything done My life seems like one long procrastination Using techniques from cognitive behavioral therapy CBT which focuses on practical solution based methods for understanding and overcoming negative thoughts and emotions When Panic Attacks gives you the ammunition to quickly defeat every conceivable kind of anxiety such as chronic worrying shyness public speaking anxiety test anxiety and phobias without lengthy therapy or prescription drugs With forty fast acting techniques that have been shown to be more effective than medications When Panic Attacks is an indispensable handbook for anyone who s worried sick and sick of worrying

The Wiley-Blackwell Handbook of Group Psychotherapy Jeffrey L. Kleinberg, 2015-06-22 Group Psychotherapy Finally we have a book about group therapy that answers the question Is there one book that covers the waterfront but is deep enough to provide more than just an overview of models and can actually help me become a better group therapist This is such a book International Journal of Group Psychotherapy This volume reflects the expansion in the field of psychodynamic group psychotherapy that today incorporates a variety of theoretical perspectives Leading experts from various countries provide the reader with a clear overview of the different approaches In addition there are chapters in this volume that deal with special populations and conditions of treatment While providing a straightforward introduction to the plethora of material in the field the volume will also serve as a comprehensive resource for any seasoned group psychotherapist Howard D Kibel Professor of Psychiatry New York Medical College and past President of the American Group Psychotherapy Association USA The Handbook of Group Psychotherapy is a user friendly guide to conducting group psychotherapy in various settings and with different populations It has been designed as a resource for new professionals including graduate students in mental health as well as more seasoned clinicians planning to integrate group psychotherapy into their work Bringing together pre eminent group psychotherapists from different theoretical perspectives and countries the articles in this volume present their approaches to

conducting groups with diverse populations in different settings Written in straight forward jargon free language the articles directly speak to the needs of the mental health professional planning to begin a group or to strengthen an existing group Whether combined with a formal class in group techniques human relations or group dynamics or in an institute training group practitioners or read as part of one s own professional development this work is likely to advance the reader s clinical competency and strengthen their self confidence as a leader Using a personal style and speaking from years of experience the contributors provide hands on suggestions as to how a group leader really works From determining patient or client needs developing treatment goals and constructing a group to handling emergencies the contributors address the needs of the new group leader The articles also address issues of diversity and globalism as well as trauma and resiliency making this a truly post 9 11 contribution *The Therapist's Ultimate Solution Book* Judith Belmont,2015-05-04 Simple

psychoeducational strategies to keep clients on track during and in between sessions Clients go to therapy wanting to change but often they have no inherent knowledge of how to change It s up to the therapist to build a well stocked toolkit of life skills and psychoeducational strategies This book answers the call delivering an array of basic solutions in the form of handouts worksheets exercises quizzes mini lessons and visualizations to use with your clients and tailor to fit their needs No matter your preferred course of therapy whether it s CBT DBT EMDR or EFT having at your disposal a variety of easy to learn and easy to teach techniques for a host of common therapy issues goes a long way in keeping your clients on track both during and in between sessions Each chapter offers loads of skill building tips and techniques to teach your clients followed by practical take aways for in between sessions and additional recommended resources that they can turn to websites books videos and social media Topics covered include stress Solutions anxiety Solutions depression Solutions anger Solutions conflict Solutions regret Solutions low Self Esteem Solutions life Imbalance Solutions and more This book is one stop shopping for a variety of simple practical educational techniques to help your clients make longstanding life changes

How to Practice Evidence-Based Psychiatry C. Barr Taylor,2009-10-30 The use of evidence based guidelines and algorithms is widely encouraged in modern psychiatric settings yet many practitioners find it challenging to apply and incorporate the latest evidence based psychosocial and biological interventions Now practitioners have an outstanding new resource at their fingertips *How to Practice Evidence Based Psychiatry Basic Principles and Case Studies* accomplishes two goals it explains the methods and philosophy of evidence based psychiatry and it describes ways in which psychiatrists and other mental health specialists can incorporate evidence based psychiatry into their clinical practices Uniquely relevant to psychiatric clinicians this is the only book on evidence based medicine specific to the field of psychiatry that addresses integrated psychopharmacology and psychotherapies This new book first provides an expansion on the popular text the Concise Guide to Evidence Based Psychiatry updating the sections on clinical trials the teaching of evidence based medicine and the effective treatment of patients with complex comorbid conditions It then allows experts from a variety of specialty

areas and practice settings to describe how they incorporate the latest evidence and outcome studies into interesting and inspiring cases of their own The book starts with the assumption that clinicians must adapt guidelines algorithms other sources of evidence and the interpretation of this evidence to each individual patient It describes basic statistical concepts in an easily understood format and offers separate chapters devoted to systematic reviews and meta analyses clinical practice guidelines diagnostic tests surveys of disease frequency and prognosis and psychometric measurement It also presents an easily relatable discussion of many of the major issues of evidence based psychiatry such as use of the Five Step evidence based medicine model The first section can be used both as an introduction to the topic and a ready reference for researching the literature and appraising evidence The second section includes relevant case examples of major psychiatric disorders and the third presents case examples from diverse treatment settings In these sections 24 contributing clinicians from a variety of practice settings discuss situations in which they followed aspects of evidence based care The text includes tables and charts throughout the text including algorithms guidelines and examples of simple therapist devised measures of progress further enhance learning retention and clinical practice How to Practice Evidence Based Psychiatry Basic Principles and Case Studies is a valuable new tool that will help residents practicing psychiatrists and other mental health workers find the most useful and relevant information to inform and improve their everyday practices **Harper's**, 2010 *The Feeling Good Handbook* David D. Burns, 1999-05-01 From the author of the national bestseller *Feeling Good The New Mood Therapy* comes a guide to mental wellness that helps you get beyond depression and anxiety and make life an exhilarating experience With his phenomenally successful *Feeling Good The New Mood Therapy* Dr David Burns introduced a groundbreaking drug free treatment for depression In this bestselling companion he reveals powerful new techniques and provides step by step exercises that help you cope with the full range of everyday problems Free yourself from fears phobias and panic attacks Overcome self defeating attitudes Discover the five secrets of intimate communication Put an end to marital conflict Conquer procrastination and unleash your potential for success With everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders such as agoraphobia and obsessive compulsive disorder this remarkable guide can show you how to feel good about yourself and the people you care about You will discover that life can be an exhilarating experience A wonderful achievement the best in its class M Anthony Bates clinical psychologist at Penn Presbyterian Medical Center in Philadelphia Clear systematic forceful Albert Ellis PhD president of the Albert Ellis Institute **Fortune** Henry Robinson Luce, 1954 **The Congregationalist**, 1924 Unity, 1909 **Time** Briton Hadden, Henry R. Luce, 1960

The British Journal of Psychiatry, 1992 *Feeling Good* David D. Burns, 1999-04-06 The good news is that anxiety guilt pessimism procrastination low self esteem and other black holes of depression can be cured without drugs In *Feeling Good* eminent psychiatrist David D Burns M D outlines the remarkable scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life Now in this updated edition Dr Burns adds an all new

Consumer s Guide To Antidepressant Drugs as well as a new introduction to help answer your questions about the many options available for treating depression Recognise what causes your mood swings Nip negative feelings in the bud Deal with guilt Handle hostility and criticism Overcome addiction to love and approval Build self esteem Feel good everyday

Chamber's Cyclopaedia of English Literature Robert Chambers,1902 **The American Journal of Psychiatry**,1982 *Twentieth-century Literary Criticism* Gale Research Company,1982 Excerpts from criticism of the works of novelists poets playwrights and other creative writers 1900 1960 AB Bookman's Weekly ,1989-05 **The Scottish Minstrel** Charles Rogers,1885 *Chambers's Cyclopædia of English Literature* Robert Chambers,1910 **Messenger and Visitor** ,1915 *Urban and Minority Centered Programs in Western Colleges and Universities, 1969-70* Western Interstate Commission for Higher Education,1969

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