



The CONTROL

(COgNitive Therapy for depReSSIOn in tubercuLosis treatment)

to improve outcomes for depression and TB in Pakistan and

Afghanistan

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**“Three -Days Refresher Training for
DOTs Facilitators on CBT”**

9th , 10th & 11th

January 2024

EXECUTIVE SUMMARY

THE CONTROL is a psychological intervention program specifically designed for individuals undergoing tuberculosis treatment and experiencing depression. The core component of CONTROL is based on cognitive-behavioural therapy (CBT), which is a widely recognized and recommended treatment for depression. By adopting a CBT-based approach in CONTROL, the program aims to provide patients with strategies based on evidence to manage their depressive symptoms while undergoing tuberculosis treatment.

The three-day refresher training for DOTs facilitators held from January 9th to 11th, 2024, centered on Cognitive Behavioral Therapy (CBT). During this period, CBT Master Trainers conducted a thorough review of CBT sessions 1-6, emphasizing practical intervention through roleplays. The training primarily focused on enhancing theoretical understanding as well as practical aspect while equipping DOTs facilitators with the essential knowledge and skills for effective CONTROL intervention. This report will narrate the proceeding of refresher training for DOTs facilitators.

Activity Background

The refresher training program for DOTs facilitators, focusing on Cognitive Behavioral Therapy (CBT), was scheduled for 9th, 10th, and 11th January 2024. The primary objective is to provide participants with a comprehensive review of the sessions, revisiting and reinforcing the learning from the previous DOTs training on CBT. CBT Master Trainers guided participants through six sessions, covering topics including Psychoeducation and Behavioral Activation (Session 1), Motivational Interviewing (Session 2), Cognitive Restructuring and Recognizing Thoughts (Session 3), Challenging Thoughts (Session 4), Alternative Thoughts (Session 5), and Problem Solving (Session 6). This structured approach aimed to ensure a deeper understanding of each session.

CBT consultant and master trainers actively provided constructive feedback, contributing to the enhancement of participants' comprehension of CBT principles. Furthermore, the training presentation has been thoughtfully designed and delivered in Urdu, fostering cultural adaptation and facilitating better understanding among the diverse group of participants. The training program seeks to equip DOTs facilitators with the knowledge and skills necessary to implement CBT effectively, considering both theoretical insights and practical applications.

Facilitators:

- ❖ Saara Khan Communication officer & CBT master trainer
- ❖ Faryal Fazal Research assistant & CBT master trainer
- ❖ Zumar Malik CBT master trainer
- ❖ Rafia Khalil CBT master trainer

Participants:

The three-day refresher training was attended by 10 TB DOTs facilitators from Peshawar and Haripur district, Dr. Aamir Aziz, CBT Consultant, CONTROL, management team and research staff of CONTROL.

DAY 1

Day & Venue



Refresher for CBT intervention session 1, Psychoeducation and Behaviour activation and session 2, Motivational interviewing was held on 9th January 2024 from 9:00 am - 4:00 pm in Senate Hall, Administration block at Khyber medical university.

Facilitator of session 1:

The session was facilitated by Ms. Saara Khan, Communication officer & CBT master trainer and Ms. Faryal Fazal, research assistant & CBT master trainer, CONTROL.

Workshop Proceedings

Dr. Fayaz Ahmad initiated the cognitive-behavioral therapy (CBT) session with the recitation of the Holy Quran. Subsequently, Ms. Saara Khan provided an overview of the refresher training's aims and objectives for DOTs on CBT. The participants recapped previous sessions and shared feedback on challenges faced during onsite training.

Psychoeducation & behavioural activation:

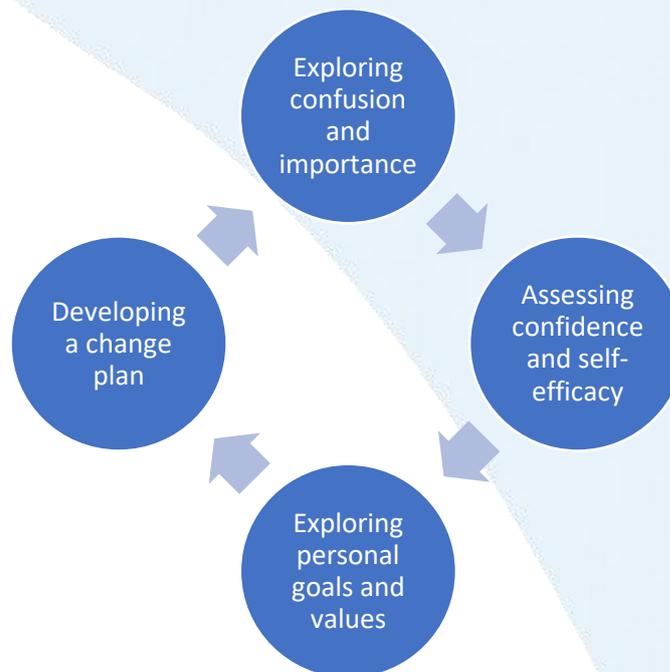
At the beginning of the session, the facilitator prompted a recap of both Session 1 and Session 2. Ms. Khan meticulously covered Session 1, which focused on psychoeducation and behavioral activation. She discussed the theoretical aspects of the session, encouraging interaction among the DOTs to analyze their understanding of CBT concepts. The discussion centered around CBT principles, including agenda setting, feedback, collaboration, pacing, efficient use of time, interpersonal effectiveness, eliciting emotional expression and key cognition, eliciting and planning behavior, guided discovery, conceptual integration, and the application of change methods, as well as homework setting. Emphasis was placed on the layout for all sessions.

Roleplays:

Participants were divided into two groups for roleplays conducted in both Urdu and Pashto. The roleplays were recorded and assessed by CONTROL CBT Consultant Dr. Amir Aziz and master trainers. Feedback on various aspects of Session 1 and therapeutic skills was provided, addressing how session starts and the dynamics of befriending.

Motivational Interviewing:

Moving on to Session 2, Ms. Faryal Fazal took charge of the motivational interviewing segment, providing a recap of its principles. Ms. Fazal clarified the four key principles and incorporated relevant probing questions for better understanding.



The DOTs facilitators were split into two groups, where they diligently prepared for roleplays and thoroughly reviewed Session 2 from the handbook. Roleplays were conducted in both Urdu and Pashto to ensure cultural representation.

Participants received feedback, and emphasis was laid on the use of flipbooks during sessions to enhance patient clarity and homework. The flipbook, designed with images on the patient's side, serves as a valuable tool for illiterate patients, aiding in their understanding of the topic through visual representation. The session concluded with the feedback from DOTs facilitators and recap of the day.

DAY 2

Day & Venue

Refresher for CBT Session 3, 4 and 5 i.e., Cognitive reconstructing: recognizing thoughts, challenging thoughts and alternative thoughts was held on 10th January 2024 from 9:00am - 4:00 pm in Senate Hall, Administration block at Khyber medical university.

Facilitator of session 3, 4 & 5:

The session was facilitated by Ms. Zumar Malik, CBT master trainer, CONTROL.

Workshop Proceedings

The session began with the recitation of the Holy Quran by Dr. Fayaz Ahmad. Ms. Zumar provided a recap of Sessions 1 and 2 before starting the cognitive restructuring segment. The facilitator explored the realms of thoughts, emotions, physical symptoms, and behaviour to help participants recognize their thoughts. Cognitive errors were revisited using real-life examples, paving the way for addressing and challenging these thoughts, and subsequently, finding alternative, balanced thoughts. Theoretical aspects of cognitive reconstruction were thoroughly discussed.

Cognitive reconstruction

| Event | Thoughts | Emotions | Physical symptoms | Evidence For the thought | Evidence against the thought | Alternative thought |
|-------|----------|----------|-------------------|--------------------------|------------------------------|---------------------|
| | | | | | | |

Roleplays:



DOTs facilitators were provided with thought diaries to practice in pairs, and subsequently, they were organized into groups. Roleplays were conducted in both Urdu and Pashto languages. Dr. Aamir Aziz, CBT Consultant from CONTROL, along with master trainers, offered comprehensive feedback. Those DOTs facilitators who are set to participate in the pilot phase of the research were assigned the task of preparing a cognitive reconstruction session, with roleplays scheduled for the following day.

DAY 3

Day & Venue

Refresher for session 6 i.e., Problem solving was held on 11th January 2024, 9:00am - 2:30 pm in Senate Hall, Administration Block at Khyber Medical University.

Facilitator of session 6:

The session was facilitated by Ms. Rafia Khalil, CBT master trainer, CONTROL.

Session Proceedings

The last day of the three-day refresher training began with the recitation of the Holy Quran. The day commenced with a recap of the previous day, followed by roleplays on cognitive restructuring, including thought diaries 1, 2, and 3, conducted by DOTs facilitators from the Pilot study sites. These roleplays were carried out in both Urdu and Pashto and were evaluated by Dr. Aamir and master trainers.



Feedback primarily focused on refining the ability to challenge thoughts effectively, considering evidence both in support and against the thoughts, and addressing the structural components of CBT including collaborative empiricism, agenda setting, and homework.

After the roleplay feedback session, Ms. Rafia Khalil initiated Session 6, which covered problem-solving. The facilitator revisited the steps of problem-solving with the participants.

- a. Identifying or identifying and explaining the problem (identifying and prioritizing problems)
- b. Think of possible solutions (brainstorming)
- c. Look at the pros and cons of each solution (two column technique)
- d. Divide this solution into as many steps as possible
- e. Following the plan

After revising the steps, problem solving worksheet was also exercised.

Problem:

List of possible solutions:

| | |
|--|----------------|
| <u>Choose a potential solution:</u> | |
| Advantages: | Disadvantages: |
| (Repeat the same process, choosing a potential solution and coming up with advantages and disadvantages, until you can identify the best solution) | |
| Chosen solution: | |
| Steps needed to apply the solution: | |
| Review of the outcome and lessons learnt: | |

Roleplays:

Following the discussion of the worksheet, participants were split into two groups. Roleplays were conducted in both Urdu and Pashto, with assessment carried out by the master trainer and Dr. Aamir Aziz. Thorough feedback was provided, focusing on maintaining an appropriate pace for the session. Additionally, emphasis was placed on utilizing the flipbook to keep the patient engaged throughout the session, taking notes while patients speak to avoid skipping any steps. Summarization at each step was deemed necessary to retain patient attention and ensure a clear understanding of the session.

Conclusion:



The three-day refresher training on Cognitive Behavioral Therapy (CBT) for DOTs provided a comprehensive and culturally sensitive approach. The CBT sessions aimed to foster a deep understanding among participants. Roleplays in Urdu and Pashto, along with feedback from CBT experts, enhanced practical application and skills development. The use of handbook and flipbooks for patient engagement and addressing challenges demonstrated a commitment to effective implementation. Overall, the training program effectively provided DOTs facilitators with valuable insights into CBT and therapeutic skills, enhancing their capabilities in these areas.

**COGNITIVE THERAPY FOR DEPRESSION IN TUBERCULOSIS TREATMENT
(The CONTROL Program)**

**“Three-Day refresher training for DOTs on Cognitive
behavior therapy”**

Day 1

Venue: Senate Hall, Admin block (first floor), KMU

Date & Time: 9th January 2024, 09:00 AM to 04:00 PM

| Time slot | Topic / title | Resource person |
|-----------------|---|-----------------------------------|
| 09:00am-09:05am | Recitation of the Holy Quran | Dr. Fayaz Ahmad |
| 09:05am-09:30am | Recap of all sessions | Ms. Saara Khan |
| 09:30am-11:00am | Revision of session 1: Psychoeducation and behavioural activation | |
| 11:00am-11:30am | Tea break | |
| 11:30am-12:15pm | Roleplays & feedback of session 1 | Dr. Aamir Aziz & Ms. Saara Khan |
| 12:15pm-01:00pm | Revision of session 2: Motivational Interviewing | Ms. Faryal Fazal |
| 01:00pm-01:30pm | Exercise on plan to change worksheet | |
| 01:30pm-02:15pm | Lunch break | |
| 02:15pm-03:30pm | Roleplays and feedback | Dr. Aamir Aziz & Ms. Faryal Fazal |
| 03:30pm-04:00pm | feedback of the day | Ms. Saara Khan |

Day 2

Venue: Senate Hall, Admin block (first floor), KMU

Date & Time: 10th January 2024, 09:00 AM to 04:00 PM

| Time slot | Topic / title | Resource person |
|-----------------|---|----------------------------------|
| 09:00am-09:05am | Recitation of the Holy Quran | Dr. Fayaz Ahmad |
| 09:05am-09:30am | Recap of session 1 & 2 | Ms. Zumar Malik |
| 09:30am-11:00am | Revision of session 3 & 4 : Cognitive restructuring-recognizing thoughts and challenging thoughts | |
| 11:00am-11:30am | Tea break | |
| 11:30am-12:15pm | Roleplays & feedback of session 3 and 4 | Dr. Aamir Aziz & master trainers |
| 12:15pm-01:00pm | Revision of session 5: Alternative thoughts | Ms. Zumar Malik |
| 01:00pm-01:30pm | Hands on practice: exercise on thought 1 , 2 & 3 | |
| 01:30pm-02:15pm | Lunch break | |
| 02:15pm-03:30pm | Roleplays and feedback | |
| 03:30pm-04:00pm | feedback of the day | |

Day 3

Venue: Senate Hall, Admin block (first floor), KMU

Date & Time: 11th January 2024, 09:00 AM to 02:30 PM

| Time slot | Topic / title | Resource person |
|-----------------|--|----------------------------------|
| 09:00am-09:05am | Recitation of the Holy Quran | Dr. Fayaz Ahmad |
| 09:05am-09:15am | Recap of cognitive reconstructing | Ms. Zumar Malik |
| 09:15am-10:00am | Session on problem solving | |
| 10:00am-10:30am | Tea break | |
| 10:30am-11:00am | Hands on practice: exercise on problem solving sheet | DOTs facilitators |
| 11:00am-12:30am | Roleplays on session 6 | |
| 12:30am-01:00am | Feedback on session | Dr. Aamir Aziz & master trainers |
| 01:00pm-02:00pm | Lunch break | CONTROL staff |
| 02:00pm-02:30pm | Distribution of souvenirs and certificates | |