

Active Self Help

Self help has become a massive industry with many products being created to help people achieve their life objectives. Self help has a long and laudable history. Here we review some aspects of self help and put our own concept of Active Self Help in context.

General Self Help Books

Originally, self-help was delivered in books. You read about what was required and you tried to implement any changes you wanted to make. The text of the book was inspiring and often told you the story of how other people managed to do what you wanted to do. Book based self-help was almost entirely informational. It was useful to some people but more inspirational than anything else.

Self Help Books with a Therapy Theme

Next came books that focused on some of the principles of modern psychotherapy. Cognitive behavioral treatments for various psychological problems are an examples of this genre. These books were not only inspirational, but they also gave some elementary tools for beginning to help yourself. Again, you were left on your own to work on your problems without feedback, guidance or on-going interaction. We all know how hard it is to keep working with the same book over a period of weeks. Changing aspects of yourself is hard. Without structured help it is much harder.

Active Self Help

Active self-help represents the next generation of self-help materials. Active self help is about giving you the knowledge and guidance necessary to clearly see and deal with individual psychological problems. In the Active Self-help range **Blues Begone** achieves these aims.

Blues Begone

Blues Begone is the next logical step in the drive to develop self-help tools that are truly useful in helping you make personal change. **Blues Begone** provides you with inspiration and case examples just like the original self-help books. It also provides you with detailed instructions and guidance on working through the structured activities designed to help you feel better; just like the books based on modern therapies ... but, **Blues Begone** takes you much further than any of the older types of self help

Blues Begone offers also the following facets.

- ❖ The material you receive is shaped by your specific needs
- ❖ **Blues Begone** is interactive and allows you to develop your understanding through graded progression
- ❖ It records and monitors your progress
- ❖ It gives you detailed feedback
- ❖ It offers you material based upon what you need next
- ❖ You can spend as much or as little time on each exercise as you wish
- ❖ It is a resource you can use for ever, it never tires of helping you

Blues Begone is a computer-based structured program for helping you recover from low mood. It is based on sound cognitive and behavioral principles that provide you with the tools and the help to make changes in your mood. Each day you get new information to keep you motivated. New tasks are revealed. You develop valuable insight into your problems and real solutions to help you solve them.

Blues Begone is based on modern scientific understanding of how to treat depression and all of this knowledge and expertise is permanently available to you via the CD-Rom. **Blues Begone** offers thirty sessions of cognitive and behavioral self help for depression and associated symptoms of anxiety. Used on a daily basis **Blues Begone** has the potential to help you to help yourself. The philosophy of active self-help is that progress happens when three things come together: -

- ❖ First, you need to be motivated to start and then encouraged to carry on with personal change.
- ❖ Second, you need to understand why you are offered an assignment and how to carry it through.
- ❖ Third, you need to have high quality materials that allow you to interact over longer periods as you learn new life strategies. Real change takes time. Active self-help brings these fundamental aspects of personal change together in a unique interactive manner.

Blues Begone will lead you through the fundamentals of how to have good mood. You will receive instruction in the removal of depression that will remain relevant throughout your life. **Blues Begone** is an important and useful tool that you can use whenever you need to. The principles of active self-help and **Blues Begone** are your keys to a brighter future.

