



THINKING HEALTHY PROGRAM (THP)

WHAT IS THINKING HEALTHY?

Thinking Healthy Program (THP) is an intervention based on Cognitive Behavioral Therapy (CBT), implemented in Pakistan, Bolivia and other low-income countries. The target group of the intervention are mothers exposed to many psychosocial pressures who evidence some level of depression. THP can also be used as a motivational tool for all mothers living in poverty with low literacy rates.

BACKGROUND:

Pregnancy is a significant event and represents a period of vulnerability for the presentation or recurrence of a depressive disorder, which is why the World Health Organization (WHO) has created materials to address perinatal depression and within them the Healthy Thinking Manual (WHO 2021).

In Peru, the rate of perinatal depression is estimated between 24% and 40% (Aramburu et al. 2008; Luna Matos et al. 2009). That is why, in 2017, Socios En Salud (SES) implemented the Thinking Healthy Program (THP) program in the district of Carabayllo in Lima; a low-intensity psychological strategy for the treatment of perinatal depression. In addition to strengthening the emotional health of the mother-child binomial from the seventh month of gestation until the tenth month, after the birth of the child.

CORE OBJECTIVES:

- THP Objective: Reduce maternal depression in the community.
- Training Goal: To develop skills in emotional accompaniment and support for the delivery of sessions to pregnant women with some level of depression.

TRAINING PACKAGE:

- Basic Helping Skills Training.
- Healthy Thinking virtual training platform.
- Healthy Thinking Manual.
- Information recording sheets.
- Workbook for the pregnant woman.
- Health calendar for the pregnant woman.
- Training certificate.

CORE VALUES:

- The session is delivered by a non-specialized mental health staff trained in THP at the pregnant woman's home or via video call.
- Constant supervision by a professional is required for Community Health Workers delivering sessions.
- Each THP module contains the three steps and the three areas of healthy thinking.
- THP focuses on the health of the mother and baby by encouraging the participation of the whole family.
- The approach used is simple and pictorial, but retains the essential characteristics of CBT.
- It strengthens the use of Fundamental Helping Skills (confidentiality, empathy, normalization, etc.).

TOPICS OF THE SESSIONS:

Thinking Healthy Program (THP) consists of 16 sessions distributed in 5 modules. Each module develops the following topics:

Module 1: Preparing for the baby's arrival.

Module 2: The baby's arrival.

Module 3: Early Infancy.

Module 4: Middle Infancy.

Module 5: Late Infancy.