



Integrated Behavioral Health in Primary Care: Step-by-Step Guidance for Assessment and Intervention

Christopher L. Hunter, Jeffrey L. Goodie, Mark S. Oordt, Anne C. Dobmeyer

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As many as 70 per cent of primary care visits in the United States are related to behavioral health needs. And many common medical problems seen in primary care involve poor health habits that may have initiated or exacerbated the symptoms, yet medical providers often lack the training or time to help patients manage these behaviors. The authors of this book draw on years of experience to provide practical information for behavioral care practitioners who wish to work effectively in this fast-paced setting. Interwoven through each chapter are practical tips for success and traps to avoid. The book includes a rich array of reproducible assessment questions, patient handouts, and sample scripts. All of these help the clinician condense the traditional 50-minute session into the 30-minute consultations typical of managed care. Each chapter addresses a single clinical topic or content area following the 5A's model of assessment and intervention: Assess, Advise, Agree, Assist and Arrange. Detailed guidance is provided for these common health problems: generalized anxiety disorder, panic disorder, posttraumatic stress disorder, depression, tobacco use, weight issues, sleep problems, diabetes, asthma, irritable bowel syndrome, cardiovascular disorders, pain disorders, sexual problems, and health anxiety. Special chapters cover cultural competency, special concerns for older adults, women's health, and 'health anxiety'. This comprehensive book belongs on the bookshelf of a range of clinicians including psychologists and social workers, as well as family physicians, physician assistants, nurses, and health care educators.

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