

ECHO Idaho: Behavioral Health in Primary Care

Psychotherapy for Primary Care

11/14/18

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The speaker has no significant financial conflicts of interest to disclose.

Learning Objectives

- Introduce 4 prevalent psychotherapy approaches
- Introduce the transtheoretical model
- **BONUS:** Introduce Feedback-Informed Treatment (FIT)

Motivational Interviewing (MI)

- Overview

 - A way of Being with patients

Useful for: pre-contemplative, resistive, involuntary participants, ambivalent participants, substance use/abuse tx, teenagers

Cognitive Behavioral Therapy (CBT)

- Overview
 - Includes: CT, BAT, BT, etc.

Useful for: precontemplative-maintenance, cognitively capable patients, less capable patients, depression, anxiety, trauma, children-adults

Dialectical Behavioral Therapy (DBT)

- Overview
 - Mindfulness, learning to accept/tolerate emotions

Useful for: Personality Disorders,
Anxiety/Depression, Contemplative/Action-
ready patients

Eye Movement Desensitization Reprocessing (EMDR)

-Overview

-The Body Keeps The Score!

Useful for: PTSD, Phobias, Anxiety, Trauma

(limitations: dissociation, suicide)

Feedback Informed Treatment (FIT)

- Overview

- Measures/targets patient engagement

Key Points

- A transtheoretical approach is key.
- Identify the patient's readiness for change
- Apply a modality that matches the level of readiness
- Patient engagement is a chief predictor of success