ECHO Idaho: Behavioral Health in Primary Care

Psychotherapy for Primary Care

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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-readv 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