

CBT STRATEGIES FOR PRIMARY CARE

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**CONTRA COSTA REGIONAL MEDICAL
CENTER
NOON CONFERENCE SERIES**

DISCLOSURE OF CONFLICT OF INTEREST

- Speaker has nothing to disclose

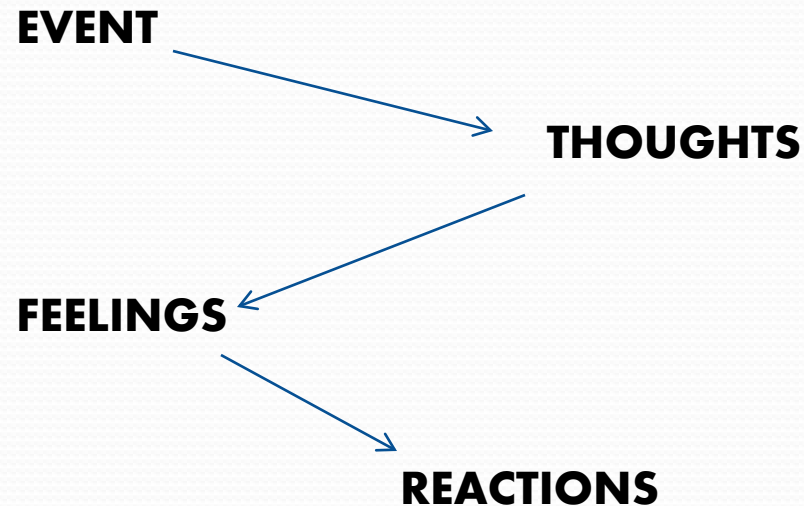


OBJECTIVES

- Outline the CBT method.
- Describe the components of a CBT
- Discuss specific intervention strategies for common problems in primary care.

Basics of the CBT Method

- The Theoretical Model: Connecting Thoughts and Feelings.





COMPONENTS OF THE MODEL

- COGNITION
- BEHAVIOR
- EDUCATION

BEHAVIORAL STRATEGIES: SLEEP

- SLEEP HYGIENE
- STIMULUS CONTROL AND CUEING

BEHAVIORAL STRATEGIES: DEPRESSION

- TREATING DEPRESSION THROUGH COGNITIVE TRAINING.
- BEHAVIORAL ACTIVATION AND DAILY ACTIVITIES.

BEHAVIORAL STRATEGIES: ANXIETY

- EDUCATION OF PT ABOUT SX AND DX.
- INSTILL HOPE!
- GIVING THE PT CONTROL AND POWER OVER THE SX.
- RELEASING AND RELIEVING TENSION THROUGH BEHAVIORAL ACTIVATION.

BEHAVIORAL STRATEGIES: ADHERENCE ISSUES

- ALWAYS BE AWARE OF THE PROBLEM.
- ENCOURAGE REGULAR VISITS.
- ENCOURAGE PT INPUT INTO DECISION-MAKING PROCESS.
- REALISTIC GOAL SETTING.