



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% of primary care visits in the United States are related to behavioral health needs. Additionally, many common medical problems seen in primary care involve poor health habits that may initiate, exacerbate or perpetuate symptoms and poor functioning. Unfortunately, health care providers often lack the time and/or training to help patients manage these problems in evidence-based ways beyond medication prescriptions.

The authors of this book draw on research evidence and years of experience to provide practical information and guidance for health care practitioners, especially behavioral health care providers who wish to work more 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 alter his or her assessment and intervention skills in a manner that leads to focused interactions that work well within the fast pace of primary care.

Detailed guidance is provided for these common health problems: generalized anxiety disorder, panic disorder, depression, tobacco use, weight issues, sleep problems, diabetes, asthma, irritable bowel syndrome, cardiovascular disorders, pain disorders, and sexual problems. Special chapters cover cultural competency, special concerns for older adults, 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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