

# **Behavioral Health Consultation in Practice - Part 2**

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- The background of the slide features a pattern of overlapping autumn leaves in various shades of orange, brown, and yellow, set against a darker orange gradient background.
- The primary care environment is largely an action environment
  - The mental health specialty environment is largely a reflective environment

# Can you make the leap?

Paradigm (theoretical) shift from our traditional training

Attitudinal

Behavioral

Cognitive

Emotional



Leo Cullum

*"Never, ever, think outside the box."*

# The Attitudinal Shift

- Flexibility
- Adaptability
- Willingness
- Openness
- Trust
- Modesty/Balance

# The Behavioral Shift

- Shift to medical and health issues
- Shift away from 45-50 minute, weekly approach
- Less jargon
- Less rapport-building
- Problem solving mode; redirection
- Evidenced-based approach (Behavioral Activation and Education)
- Innovate new programs

# The Cognitive Shift

- Think like a PCP (generalist, navigator, advocate, population mgr)
- Single visit mentality
- Improving functioning
- Familiarity with medical issues/diagnoses
- Symptom management
- Efficiency with effectiveness
- Better care for primary care

# The Emotional Shift

- Face challenges and the unknown
- Facing serious medical illness; dying
- Therapeutic relationship not a focus (less depth)
- Separation from psychology colleagues
- Allow experience/discomfort of the unknown
- Being with the anxiety – remember what you do know
- Finding the “flow” in the busy-ness