



Identification and Evidence-Based Interventions for Treating Anxiety

Contemporary Approaches to Behavioral Therapy – Part 1

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Laura Ross, MS, LMFT, Co-Facilitator

Tuesday, February 28, 2023

Vision: Healthy Communities, Healthy People





Session 4 Community of Practice (CoP)

Contemporary Approaches to Behavioral Therapy: Integrated Motivational Interviewing (MI) and Cognitive Behavioral Therapy (CBT) – Part 1

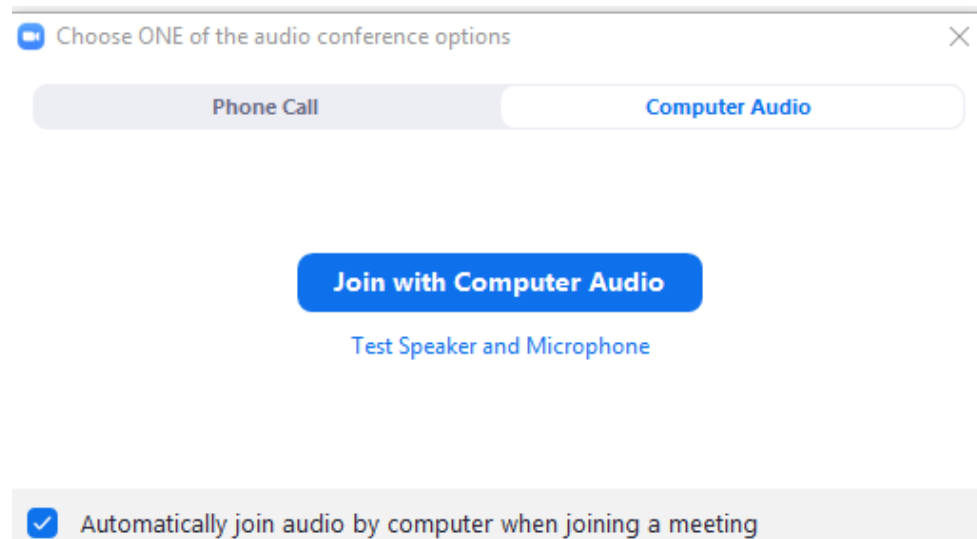
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Connecting to Audio

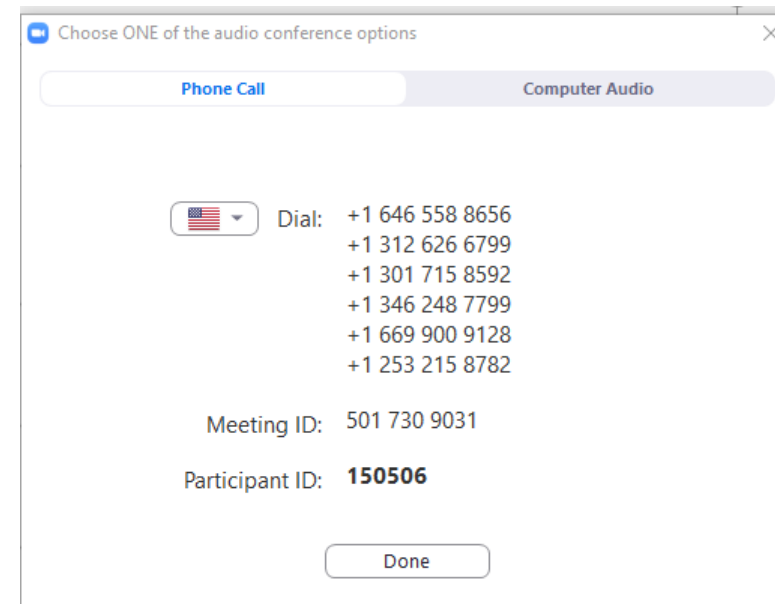
By computer:

- Click **Join with Computer Audio**.



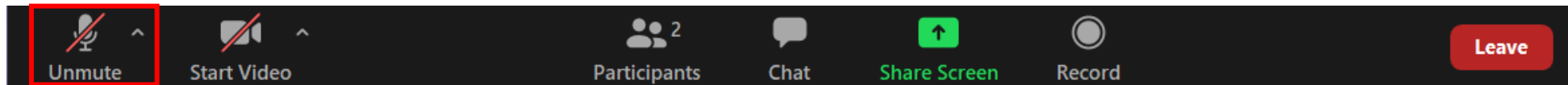
By phone:

- Click the **Phone Call** tab, dial a listed phone number, and enter **Meeting ID** and **Participant ID**.

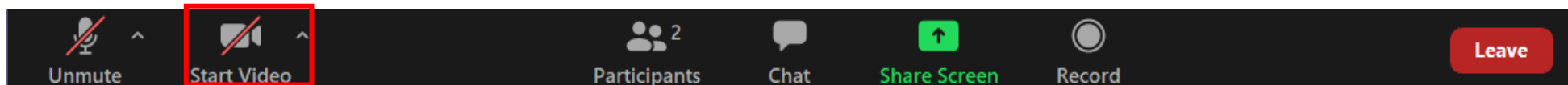


Zoom Participation

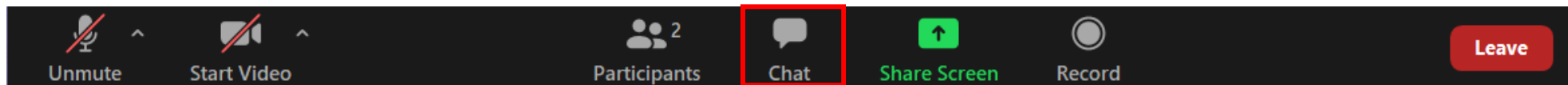
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- We encourage everyone to keep their video enabled. Click **Start Video** to join by webcam.



- To ask a question using the **Chat** feature, click the **Chat** icon located at the bottom center of your Zoom window.



CoP Facilitators



Facilitator: Joseph Hyde, MA, LMHC, CAS
BHTA Project Director and
Senior Technical Expert Lead
JBS International, Inc. (JBS)



Co-Facilitator: Laura Ross, MS, LMFT
Technical Expert Lead
JBS International, Inc. (JBS)

CoP Agenda

Session 1 (January 17): Orientation

Session 2 (January 31): Enhancing Cultural Relevance in Clinical Practice

Session 3 (February 14): Patient Centered Care Planning

Session 4 (February 28): Contemporary Approaches to Behavioral Therapy – Part 1:
Integrated Motivational Interviewing (MI) and Cognitive Behavioral Therapy (CBT)

Session 5 (March 14): Contemporary Approaches to Behavioral Therapy – Part 2:
Functional Analysis and Mindfulness

Session 6 (March 28): Contemporary Approaches to Behavioral Therapy – Part 3:
Behavioral Activation

Session 7 (April 11): An Orientation to Pharmacotherapies for Depression and Anxiety

Session 8 (April 25): Case-Based Learning, Wrap-up and Next Steps

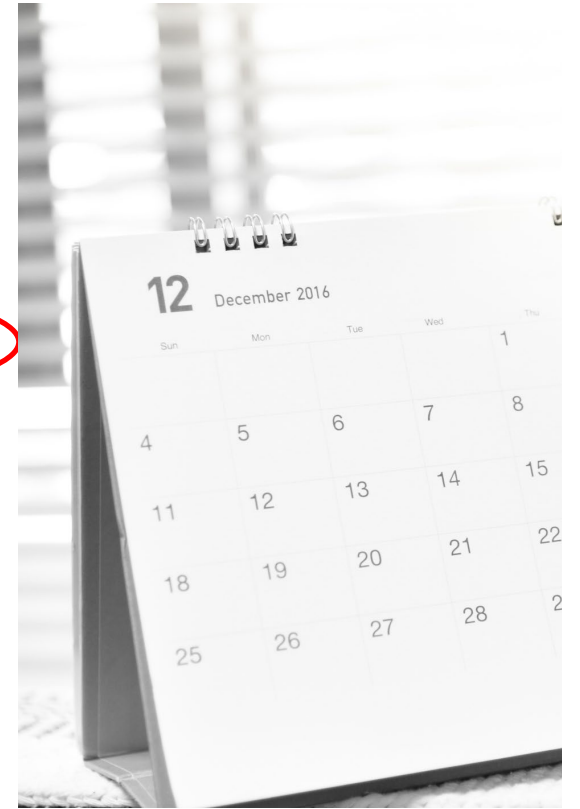


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CoP Learning Objectives

At the end of this session, participants will be able to

- Describe the benefit of Integrating Motivational Interviewing (MI) with Cognitive Behavioral Therapy (CBT)
- Explain the benefit of Values Alignment between Patient and Provider/Health Center
- Discuss the health benefits of skills-based therapy

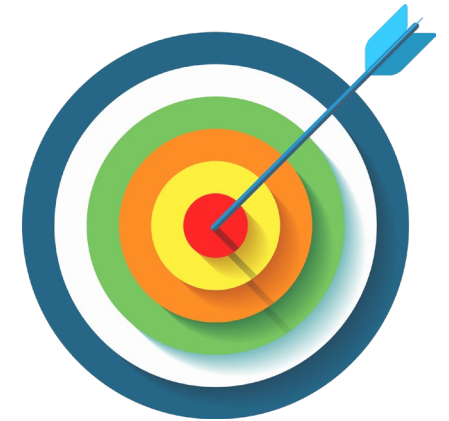
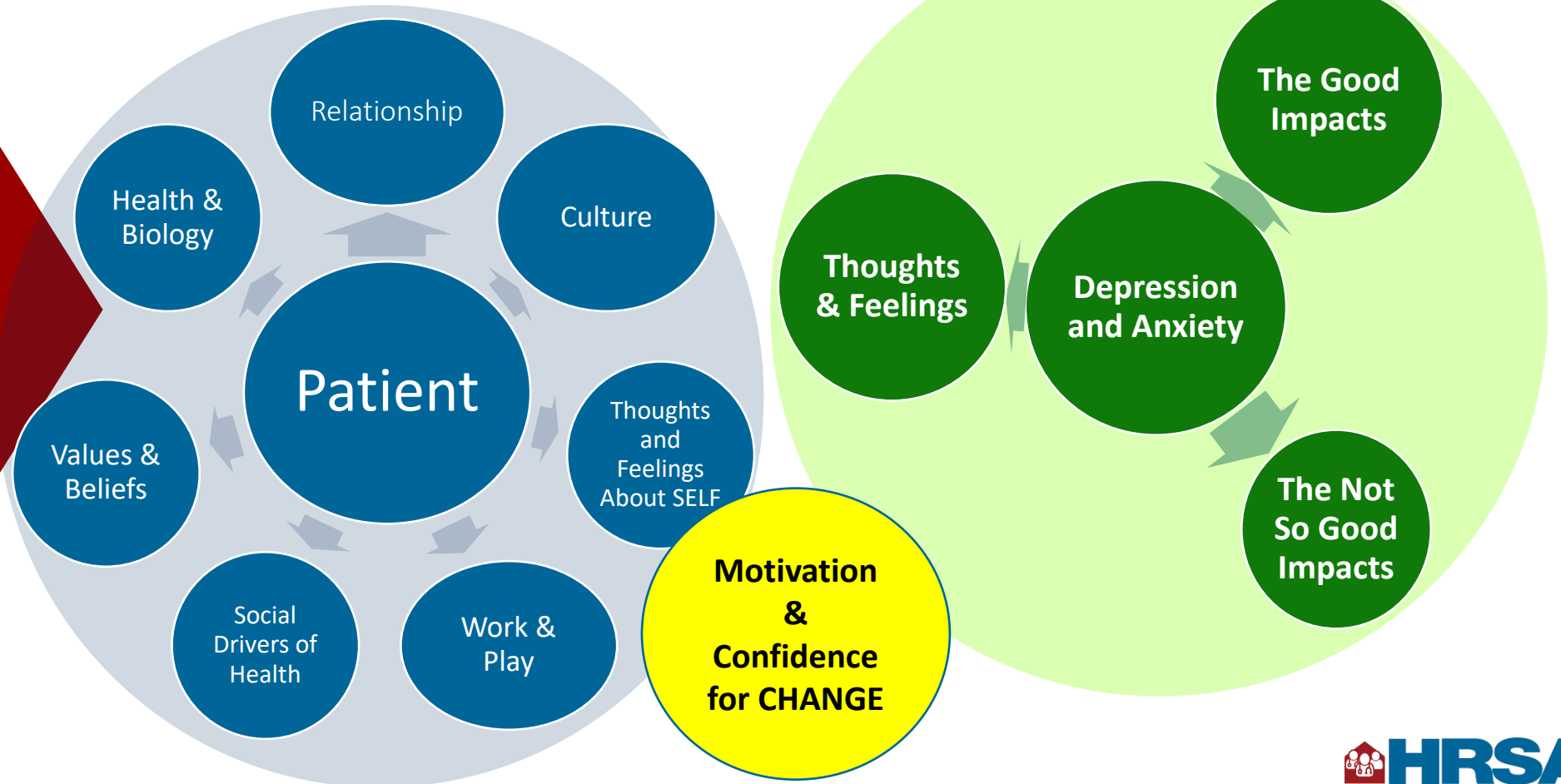


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A Contextual Foundation

EXPERIENCES

- As children
- As adults



Motivational Interviewing (MI)

“MI style, skills and strategies have been used to address a wide range of challenges... to help people young and old to adapt and to develop their potential.” MI “is a culturally adaptable approach and can be used in very brief conversations.”

Healthcare Benefits Using MI

1. Can be used in Brief Consultations
2. Helps connect rapidly with people
3. Saves time otherwise spent on persuasion
4. Combines with giving information to patients
5. Lifts responsibility from Provider, Patient does the work
6. Effective in making changes ¹



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MI Research

- Successful outcomes in clinical research settings with over 300 articles and book chapters published.
- Motivation is an essential ingredient to the change process.
- A person's motivation to change is influenced by a provider's relational style.
 - ❑ Bringing the spirit of MI to the interaction enhances engagement and keeps resistance low.
 - ❑ MI shows that a good working relationship, where the patient is viewed as “expert,” minimizes resistance and enhances motivation.⁴



Research on Empathy in Health Care

Practitioners who show high levels of empathy skills have patients who are:

- Less resistant
- More likely to stay in treatment
- More likely to change
- Less likely to return to previous ineffective behavior

Empathy is the single best predictor of a high success rate in addiction counseling.⁵



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Spirit of MI Activity

Spirit of MI Activity: Most Helpful Person

1. Think about a challenging time in your life.
2. Think about a person who was most helpful to you during that time.
3. Describe this person and what it was about them that was helpful.

Specifically, note the following:

- Attitude
- Traits/Qualities
- Behaviors



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MI Summary

MI is a certain style of conversation that targets a specific behavior and elicits client/patient motivation to change that behavior.

- MI is a research-backed, evidence-based practice that, when done well, helps change behavior and improve client/patient health outcomes.
- The foundation of MI is embracing the ‘spirit’ of MI:
 - Collaboration/partnership
 - Autonomy/Acceptance
 - Evoking meaning, values, ambivalence
 - Compassion
- Just conveying empathy using the MI spirit can go a long way in establishing trust, rapport, and an effective patient/provider relationship.

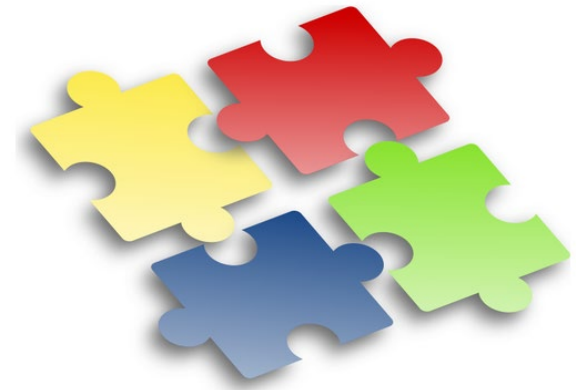


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Cognitive Behavioral Therapy (CBT)



- Core Beliefs (schemas) dictate how we perceive events.
- Thoughts about events (perceptions) influence our feelings and our behavior.
- Thoughts are learned, and can therefore be unlearned, with new thoughts (beliefs) in their place.²

CBT Interventions

- CBT helps identify a wide range of interpersonal and intrapersonal stressors and triggers that lead to self-defeating thoughts, leading to mood dependent behaviors.
- Patient learns and applies new coping skills to replace maladaptive behaviors and improve outcomes (e.g., mindfulness, deep diaphragmatic breathing).
- Patients develop:
 - Alternate means of thinking
 - Learn alternative means of stress management
 - Ability to tolerate, and then respond to, challenging emotions
 - Avoidance strategies (applies more to substance use)
 - Coping skills that you can use to weather stressful circumstances
 - Reinforce any changes in healthy direction²



Elements of CBT Intervention



Integrated MI and CBT

MI is the platform

(e.g. empathy – non-judgement – ask-offer-ask)

&

CBT is the pathway, the

experiential use of techniques

(e.g. skill-building, application, review)



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Case Study - Cecilia



Source: iStock

MI, CBT and Values Alignment

Patient Values

- Being a good Mother
- Pride (being a good wife)
- Feeling Good (mood-stability)
- Community (church)
- **Health (A1C f/u)**
- Others _____

Health Center's Values

- **Effective/Quality Healthcare**
- Efficient Healthcare
- Sustainable practices
- Staff Retention
- Meeting Deliverables
- Reputation/Standing in community

Values in Common

Patient: Health (A1C f/u)
Health Center: Effective/
Quality Healthcare

ONLY 1 SHARED VALUE

Breakout Group Discussion

Select a Group Reporter to share your group's response to these questions.

10-minute discussion

What are Health Center Patients' Intrinsic Values? List five to seven (5-7).

How do these align with the
Health Center's Values?

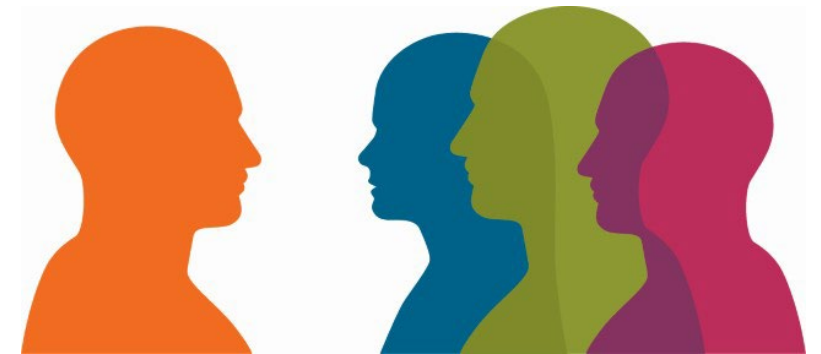


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Breakout Group Report Outs

1. What are Patients' Intrinsic Values?
2. How do these align with Health Center Values?



BH Services/Practices Discussion

- Describe current Behavioral Health approaches/treatments?
- Who administers these?
- How well are they working?
- What skills may be useful for your Primary Care team?
- What are the team's training needs?
- What are the next steps to building capacity?



Q & A



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Session 5 – On Functional Analysis & Mindfulness

Strengthening
Systems of support

Addressing Self
Defeating Thoughts

Improving
Interpersonal
Functioning

Enhancing Self
Awareness

Improving
Assertiveness Skills

Problem Solving
Ability

Personal Activities:
immediate
pleasure activities,
mastery activities

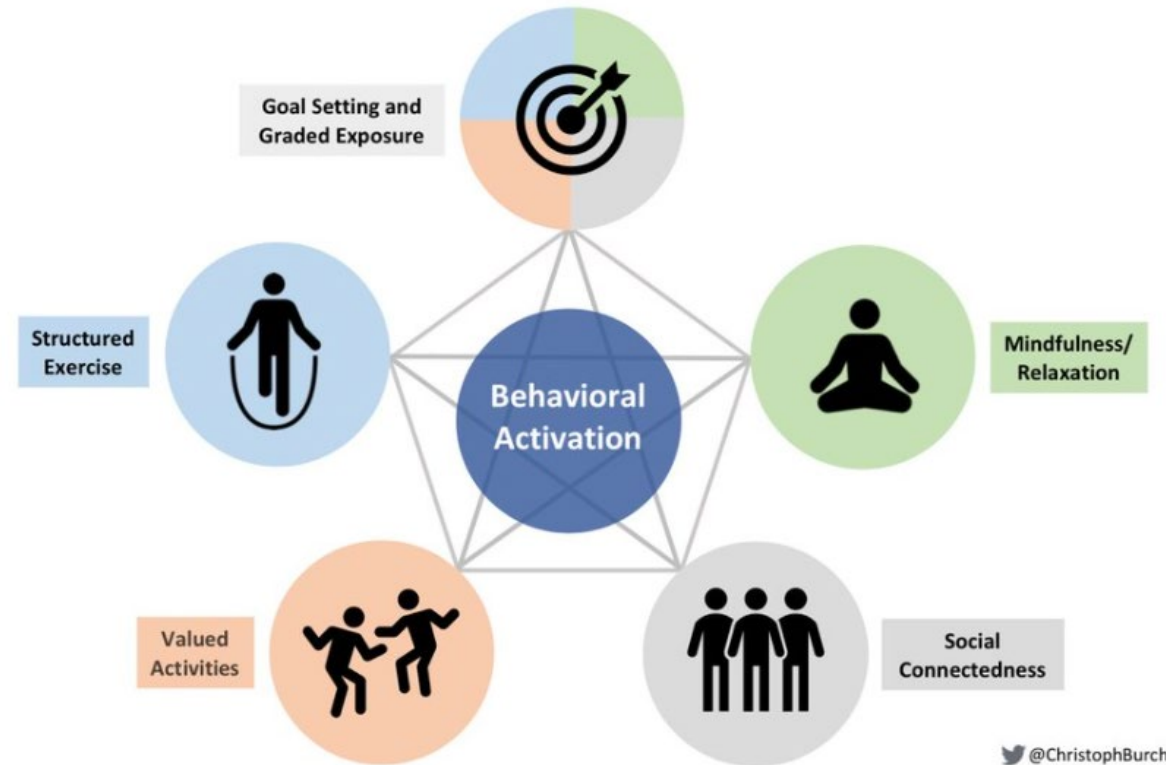
Managing
Uncomfortable
Feelings

Addressing
Vegetative
Symptoms



Session 6 - Behavioral Activation

- Monitor Daily Activity
- Engage in Values-Based Pleasurable Activity
- Increase Social Connections
- Enjoyment and Mastery
- Improvement in Mood³



Biweekly Office Hours

- **Tuesdays** (after the session) 3:30–4:30 p.m. ET
- **Fridays** 1:00–2:00 p.m. ET
- Discuss progress and/or challenges related to
 - Your team's action plan, or
 - The session topic
- Meet colleagues from other health centers.



BPHC-BH TA Portal

<https://bphc-ta.jbsinternational.com/>

- Request TA
- Access Learning Management System (LMS) modules
- Learn more about BH TA options
 - One-on-One Coaching
 - E-learning Webinars
 - Virtual Site Visits to Improve Outcomes
 - Integration of Oral and Behavioral Health
 - Virtual Brown Bag Sessions



Coming In March & April

Oral Health and Behavioral Health Services Integration Learning Collaborative

6 Didactic Sessions (1.5 CME per session) and 6 Discussion Sessions

3/9/2023, 1:00 – 2:00 PM ET *“Tobacco, Vaping & Cannabis: Implications for Patients and Getting Them Help to Quit”*

Presenter: Benjamin Chaffee, DDS, MPH, PhD, University of California San Francisco (UCSF)

REGISTER: <https://us06web.zoom.us/meeting/register/tZAuceyorTkrHta9eDN58p3T71uq8ADHNrGJ>

Virtual Brown Bag Lunch Office Hours

8 Sessions for Health Center Staff Only (1 CE per session)

4/5/2023, 1:00 – 2:00 PM ET *“Addressing Behavioral Health with Youth in a School-based Health Setting”*

Presenters: Katy Stinchfield, MS, LPS and Addie Van Zwoll, MJ, MSW, LCSW, School-Based Health Alliance (SBHA)

REGISTER: <https://us06web.zoom.us/meeting/register/tZ0kcuGrpzsuHt3ghrlp6rLxWKXrX2kklUdw>

Micro-Webinar (30 minutes)

3/15/2023, 1:00- 1:30 PM ET *“Approaches to Address Social Determinants of Behavioral Health”*

Presenter: Jonathan Scaccia, PhD, The Dawn Chorus Group

REGISTER: https://us06web.zoom.us/webinar/register/WN_4xkq7q_hQC-JXGZv-iTfCw



Continuing Education & Satisfaction Assessment

- We will be offering **1.5 CE credit per session** attended for a maximum of 12 CEs for participation in all 8 CoP sessions.
- You **must** complete the Health Center Satisfaction Assessment after **each** session for which you plan on receiving CEs.
 - Follow the link in the chat
 - Use the link in the follow-up message from Alchemer (Survey Monkey)
- **CE credits will be distributed within 2 weeks after the session**



This course has been approved by JBS International, Inc. as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #86832, JBS international, Inc. is responsible for all aspects of their programming.



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Thank You!

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Endnotes

1. <https://www.stephenrollnick.com/about-motivational-interviewing-health/>
2. Hayes, S. C., & Hoffmann, S. G. (Eds.) (2018). Process-based CBT: The science and core clinical competencies of cognitive behavioral therapy. New Harbinger Publications.
3. <https://medicine.umich.edu/sites/default/files/content/downloads/Behavioral-Activation-for-Depression.pdf>
4. Journal of Clinical Psychology DOI: 10.1002/jclp
5. Rollnick, S., Butler, C. C., Miller, W. R. (2022). Motivational Interviewing in Health Care: Helping Patients Change Behavior. United States: Guilford Publications.



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