



# Identification and Evidence-Based Interventions for Treating Anxiety

**Joe Hyde, MA, LMHC, CAS, Facilitator**

**Laura Ross, MS, LMFT, Co-Facilitator**

**Tuesday, March 14, 2022**

**Vision: Healthy Communities, Healthy People**





## Session 5: Contemporary Approaches to Behavioral Therapy – Part 2

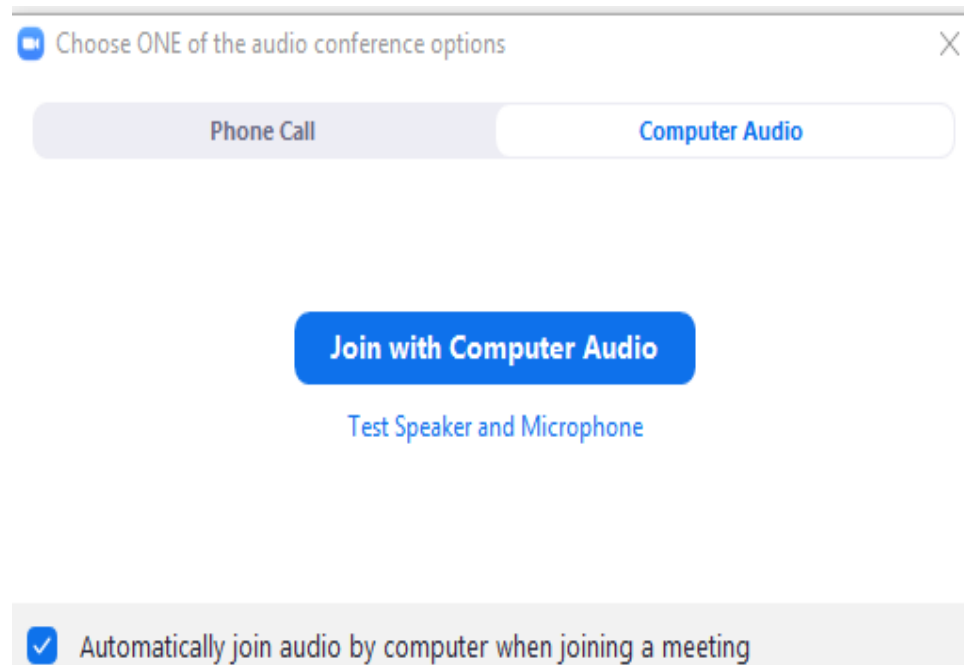
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# Connecting to Audio

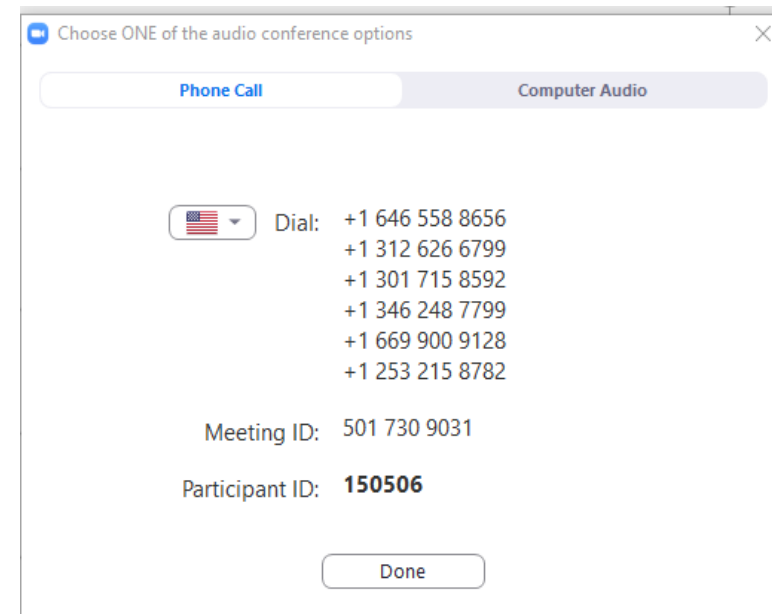
## By computer:

- Click **Join with Computer Audio**.



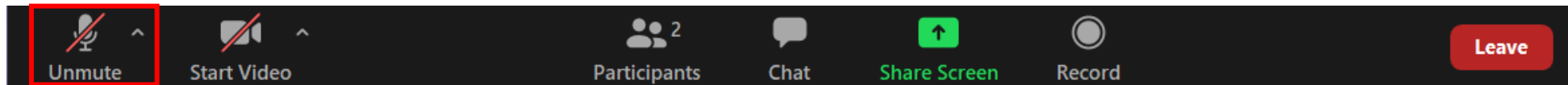
## By phone:

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

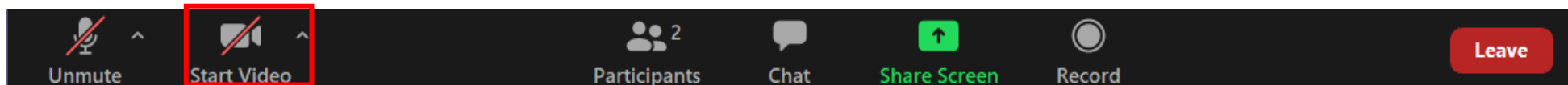


# Zoom Participation

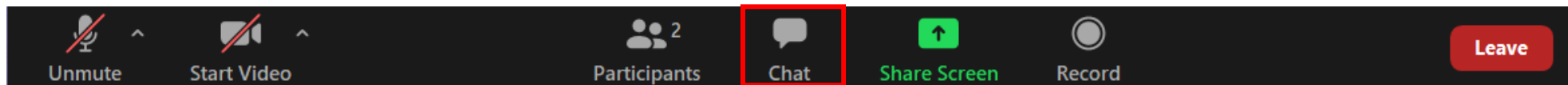
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- 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.



# 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)

# Continuing Education

- We will be offering **1.5 CE credit per session** attended for a maximum of 9 CEs for participation in all 6 CoP sessions.
- You **must** complete the Health Center Satisfaction Assessment after **each** session for which you plan on receiving CEs.
- **CE credits will be distributed for all sessions at the conclusion of the CoP.**



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.



JBS International, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6442. Programs that do not qualify for NBCC credit are clearly identified. JBS International, Inc. is solely responsible for all aspects of the programs.

# Weekly Office Hours

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

# TA Offerings for Health Centers

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- One-on-One Coaching
- Webinars
- Strategies for Community Outreach: How Health Centers Can Use Social Media for Social Marketing
- Virtual Site Visits to Improve Outcomes
- Communities of Practice (CoPs)





# 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



Source: iStock

# CoP Learning Objectives

At the end of this CoP, participants will be able to:

1. Describe the benefit of Integrating Functional Analysis and Mindfulness
2. Explain the benefits of Self-Awareness and Self-Limiting Beliefs
3. Discuss the health benefits of skills-based therapy



Source: iStock

# Functional Analysis

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The goal of Functional Analysis is to enhance self-awareness through identifying a client's problematic thoughts so they can learn new thoughts and feelings which will contribute to a more productive, effective response behavior. <sup>1</sup>

- Behavior responses are *contextual* – influenced by the environment around the individual
- Behavior has consequences that will reinforce or distinguish (“punish”) the behavior
- Consequences of behavior determine if the behavior is likely to happen in the future<sup>2</sup>

# A Functional Analysis Perspective

Behaviors, thoughts, feelings and beliefs become fused by experience and reinforcement.

The more powerful the reinforcement the more powerful the fusion.

These are the schemas (road maps) we use to navigate our world.

**These associations are not inherently bad.**

Some might invite us to a path of compassion, contribution and purposeful living.

Another might invite us on a path of failure, mental illness, addiction and despair.

# Factors to Consider in Functional Analysis

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



# Functional Analysis

What happens before and after client experience (depression/anxiety)?

TRIGGER (e.g. events, people, places)	THOUGHTS & FEELINGS	BEHAVIOR	POSITIVE RESULTS	NEGATIVE RESULTS
What happens right before unhealthy/ ineffective behavior?	What were client's thoughts? What were client's feelings? What did client tell themselves?	What action did the client take?	What good happened as a result of the action?	What not-so-good happened as a result of the action?

# Building Awareness

## Functional Analysis

Assists patients with identifying their responses to situations

**Raises Awareness**

## Mindfulness

Assists patients with viewing situations/events without judging or striving

**Raises Awareness**

# Mindfulness

**Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally,” says Kabat-Zinn. “And then I sometimes add, in the service of self-understanding and wisdom.”<sup>3</sup>**

**-Jon Kabat-Zinn**





# 3 Principles of Mindfulness

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**Intention** - choosing to cultivate your awareness

**Attention** - to the present moment, sensations and thoughts

**Attitude** - being kind, curious, and non-judgmental<sup>3</sup>



# 7 Attitudes of Mindfulness

1. Non-Judging
2. Patience
3. Beginner's Mind
4. Trust
5. Non-Striving
6. Acceptance
7. Letting Go<sup>3</sup>



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# Mindfulness Practice

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Mindfulness practice places patients in the role of an observer. Observing one's own actions, thoughts and behaviors helps us gain an understanding of our self.

The human mind creates thoughts, that is what they do.  
Thoughts are not necessarily truth, or fact.

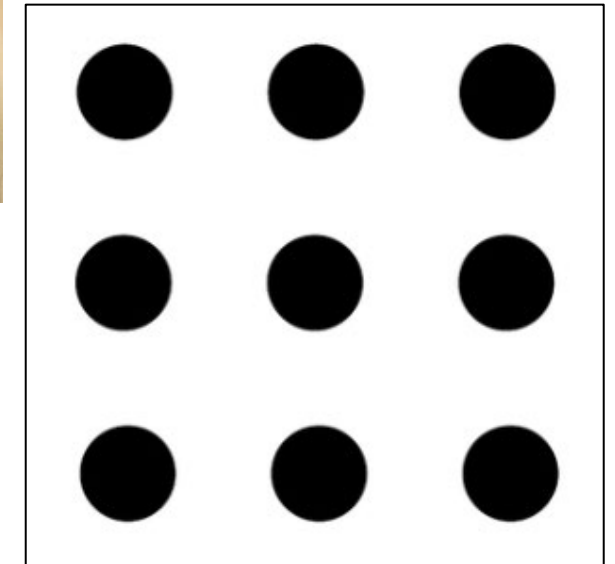
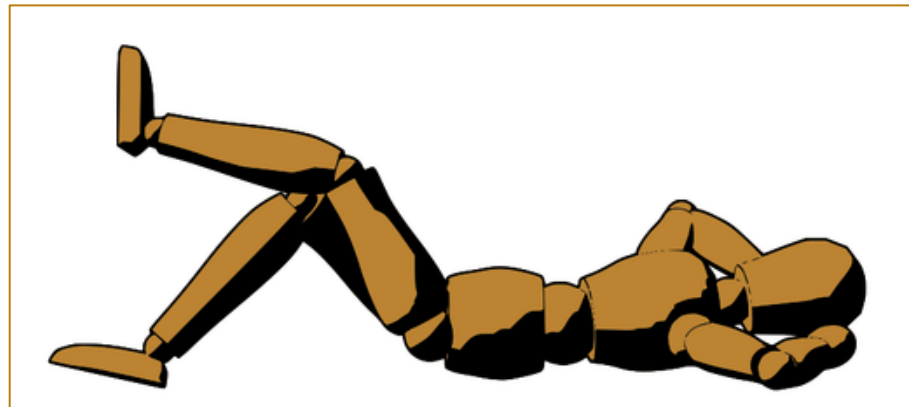
A thought is a thought.



# Mindfulness Practices

## Mindfulness Practices for Patients

- Eating a Raisin exercise<sup>4</sup>
- 9-Dots Exercise<sup>5</sup>
- Mindfulness Body Scan<sup>6</sup>



Source: iStock

# Group Discussion - Case Study - Cecilia

## Functional Analysis

- What are Cecilia's triggers?
- What thoughts occur following the triggers?
- What behavior follows Cecilia's thoughts?
- What positive happens?
- What Negative happens?



# Group Discussion - Case Study - Cecilia

## Mindfulness

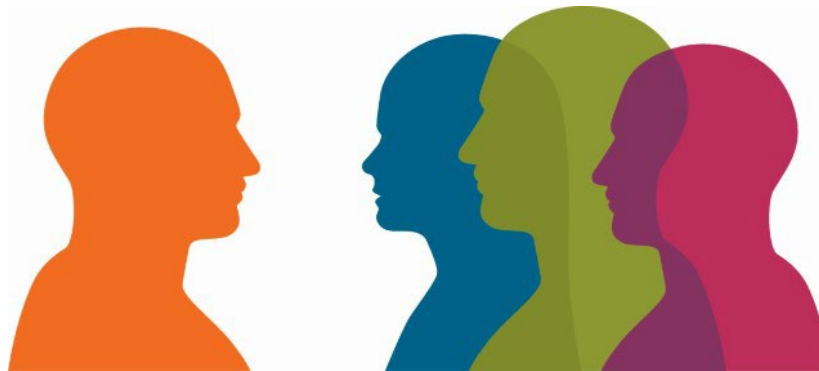
How would Cecilia's experience be different by practicing:

- Non-Judging
- Patience
- Beginner's Mind
- Trust
- Non-Striving
- Acceptance
- Letting Go<sup>3</sup>



# Discussion Questions

- How do your Health Center's treatment practices align with Functional Analysis and Mindfulness?
- How might these approaches impact client adherence to treatment?
- Would your Health Center benefit from training in these areas?



Source: ThinkStock

# Reflecting on Today: Plus, Delta

- + What worked for you today?
- $\Delta$  What would you change?





# Weekly Office Hours

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# 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



**BPHC-BH TA**  
Bureau of Primary Health Care Behavioral Health Technical Assistance

Event Calendar | About Us | Contact Us

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### Welcome to the BPHC-BH TA Resource Portal!

The Bureau of Primary Health Care (BPHC) Behavioral Health (BH) Technical Assistance (TA) portal is designed to meet the specific needs of HRSA health centers and shall focus on both mental health and substance use disorders (referred to jointly as “behavioral health”), with an emphasis on the opioid epidemic.

### Learn About BH TA Options

- One-on-One Coaching
- E-learning Webinars
- Intensive TA for Practice Change
- Join a Community of Practice (CoP)
- Integration of Oral Health and Behavioral Health Virtual Learning Collaborative
- Virtual Brown Bag Lunches



# Coming In March & April

## Oral Health and Behavioral Health Services Integration Learning Collaborative 6 Didactic Sessions (1 CME per session)

**4/12/2023, 1:00 – 2:00 PM ET** *“Behavioral Health Screening & Workflow in Oral Health Setting”*

**REGISTER:** Link Coming Soon

## 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”*

**REGISTER:** <https://us06web.zoom.us/meeting/register/tZ0kcuGrpzsuhT3ghrlp6rLxWKXrX2kklUdw>

## Webinar (60 minutes)

**3/15 or 16/2023, 1:00–2:00 p.m. ET** *“Approaches to Address Social Determinants of Health”*

**REGISTER:** [https://us06web.zoom.us/webinar/register/WN\\_4xkq7q\\_hQC-JXGZv-iTfCw](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**



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# Thank You!

## Presenter Contact Information:

**Joe Hyde, MA, LMHC, CAS, Facilitator: [jhyde@jbsinternational.com](mailto:jhyde@jbsinternational.com)**

**Laura Ross, MS, LMFT, Co-Facilitator: [lross@jbsinternational.com](mailto:lross@jbsinternational.com)**

**Vision: Healthy Communities, Healthy People**



# Endnotes

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1. <https://www.theravive.com/therapedia/functional-analysis#:~:text=Goals%20of%20Functional%20Analysis>
2. Drossel, Claudia, Rummel, Clair and Fisher, Jane E. (2009). Assessment and Cognitive Behavior Therapy: Functional Analysis as Key Process. In W.T. O'Donahue & J. E. Fisher (Eds.). *General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy* (pp. 15-41). Hoboken, NJ: John Wiley and Sons, Inc.
3. <https://www.mindful.org/jon-kabat-zinn-defining-mindfulness/>
4. <https://www.mbsrtraining.com/mindfulness-exercises-by-jon-kabat-zinn/mindfully-eating-a-raisin-script/>
5. <https://www.mbsrtraining.com/mindfulness-exercises-by-jon-kabat-zinn/9-dots-exercise-by-jon-kabat-zinn/>
6. <https://www.mbsrtraining.com/mindfulness-body-scan-by-jon-kabat-zinn/>



# References

- Drossel, Claudia, Rummel, Clair and Fisher, Jane E. (2009). Assessment and Cognitive Behavior Therapy: Functional Analysis as Key Process. In W.T. O'Donahue & J. E. Fisher (Eds.). *General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy* (pp. 15-41). Hoboken, NJ: John Wiley and Sons, Inc.
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- Theravive. (2023). *Functional Analysis*. Theravive. <https://www.theravive.com/therapedia/functional-analysis#:~:text=Goals%20of%20Functional%20Analysis>

