

Resident psychoeducation pieces

- Depression
 - What is depression?
 - Human reaction to stressful events
 - The chemical imbalance debate
 - Not much research backing serotonin hypothesis
 - SSRIs can be helpful
 - The thirds research
 - Not miracle/happy pills
 - Not supposed to be prescribed long-term
 - Metaphor for their benefits
 - Depression cycle
 - Feel depressed => Stop doing activities => Feel more depressed
 - Behavioral activation
 - SMART goals
 - Won't feel like doing it – let's run an experiment
 - Baseball/softball metaphor
- Anxiety
 - The function of anxiety
 - Shows us things we care about
 - Keeps us safe (we wouldn't last too long without anxiety)
 - When exposed to trauma or stressful event – flight/fight response
 - Long-term exposure – Flight/fight response stuck in on position
 - Need to retrain your brain
 - Exercise
 - Enjoyable activities
 - Relaxation
 - You won't feel like doing it – let's run an experiment
 - Avoidance fuels anxiety
 - The more we avoid, the worse anxiety gets
 - Treating a phobia of spiders => show them spiders
 - Three little pigs metaphor
- Chronic Pain
 - Remember, you don't know what it is like to live w/ pain
 - Instead of saying, "I understand," say, "I could imagine" "I can't even imagine how..."
 - The function of pain
 - Our most basic form of signal danger
 - Pain = STOP

- Chronic pain = ALWAYS STOP
 - Activity paradox
 - The less active you are, the more pain you will have
 - Pacing activities
 - Pain decreases => Overdo activities => Pain skyrockets => Out of commission
 - Activity is dependent on pain levels
 - Pacing = activity is based on predetermined schedule and independent of pain
 - Goldie locks and the three bears, happy medium
 - Set a schedule
 - Take breaks
 - NEEDS approach
 - Nutrition – not just overweight but the types of food we eat can cause more or less pain
 - Enjoyable activities – link between depression and chronic pain.
 - Exercise – be active!
 - Don't smoke or drink
 - Sleep – always a difficult sell
- Substance use
 - There is a function to the use
 - Usually avoidance
 - Ask, “what would you give up if you quit?”
 - Everyone knows they shouldn't abuse substances
 - Rather than lecture on dangers (limited research supporting the effectiveness), ask, “why do you want to quit?” GO BEYOND “for my health.”
 - Mindful of urges to allow a “decision point”
 - If person does not care about themselves, why be healthier or quit a substance?
- Weight loss
 - Weight on scale is important but so is activity level and stomach fat
 - Most people overestimate how quick they will lose weight, how much they will lose and how much better they will feel
 - Exercise important but not necessarily impactful for weight loss, DIET IS!
 - Exercise great for weight loss maintenance and reducing health risks for overweight individuals.
 - Checking in why someone wants to lose weight
 - If person does not care about themselves, why be healthier or lose weight?

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