

Promoting Psychological Flexibility in Primary Care

A Dissemination Platform and
A Therapeutic Approach for Global Health

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PATRICIA J ROBINSON, PHD
PATTI@MTNVIEWCONSULTING.COM

KIRK D STROSAHL, PHD
KIRK@MTNVIEWCONSULTING.COM



Objectives

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1. Suggest a competency-based approach to solving large scale human problems
2. Briefly describe the Primary Care Behavioral Health (PCBH) model
3. Briefly describe Focused Acceptance and Commitment Therapy (FACT)
4. Introduce the PCBH core competency tool
5. Introduce the FACT Competency Assessment Tool (FACT CAT) and provide data to illustrate its use

Who wants to make the world a better place?

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- Name 2 challenges that loom large
 - I. Increasing rates of physical and mental health problems.
 - II. Rising shortage of physical and mental health clinicians



Do training methods address these challenges?

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Current trends

- Case focus
- Specific diagnoses
- Assume populations for care are those who want specialty care and can afford it, or are legally mandated
- Informed by efficacy research

A shift toward global reach

- Shift to population-based care
- Assume delivery in health care teams
- Use trans-diagnostic brief interventions to promote radical change for as many people as possible
- Use effectiveness research

Competency-based Training

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...is an approach to preparing clinicians for practice that is fundamentally oriented to graduate **outcome abilities** and **organized around competencies derived from an analysis of the needs of society and of patients**

... de-emphasizes time-based training and **promises greater accountability, flexibility, and learner centeredness.**"

Frank JR, Mungroo R, Ahmad Y, Wang M, de Rossi S, Horsley T. (2010). Toward a definition of competency-based education in medicine: A systematic review of published definitions. *Med Teacher*, 32: 631-637.

Training Context

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Context is as important as **content**

Context ensures:

- Role modeling
- Type of patients/problems
- Type of problem-solving (selectivity)
- Integration skills

Context is essential for developing one's own identity as a clinician

What is competency?

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- A combination of skills, knowledge and attitude that enables an individual to perform a task to the standards required for successful job performance.
- Deals with "what is expected in the workplace."
- Emphasis on **performing an actual job** and not gaining knowledge or skills for their own sake.

Observable Competencies

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- "An observable ability of a health professional, integrating multiple components such as knowledge, skills, values and attitudes.
- Since competencies are observable, they can be measured and assessed to ensure their acquisition."
- Frank JR, Snell L, ten Cate O, Holmboe ES, Carraccio C, Swing SR, et al. (2010). Competency-based medical education: theory to practice. *Med Teacher*, 32, 638-45.

Traditional time-based versus Competency-based

	Traditional time-based	Competency-based
Focus, structure and content	Content: knowledge, skills, attitudes Rotations	Outcomes demonstration of competence Relevant, paced learning opportunities
Goal	Knowledge acquisition	Knowledge application
Actors	Teacher to Learner	Teacher and Learner Relevant role models
Assessment	Evaluation form Norm-referenced Summative	Evaluation portfolio Criterion referenced Formative
Program completion	Fixed time	Variable time

Tannenbaum D, Kerr J, Konkin J, Organek A, Parsons E, Saucier D, Shaw L, Walsh A. (2011). *Triple C competency-based curriculum. Report of the Working Group on Postgraduate Curriculum Review-Part 1*. Mississauga ON: College of Family Physicians of Canada

Context: What Produces the Best Outcomes?

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- PRIMARY CARE
- PC takes a population-based care perspective on health
- Best outcomes for the group and for individual members

Primary Care Behavioral Health Model

(Robinson & Reiter, 2015. *Behavioral Consultation and Primary Care: A Guide to Integrating Services*)

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PCBH Competency Tool

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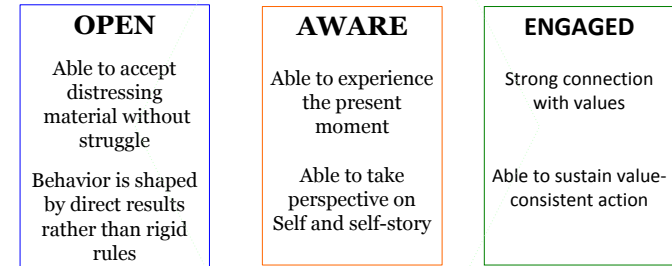
- 6 Domains: Clinical, Practice Management, Consultation, Documentation, Team Performance, Administrative
- Training: 30 hours didactic, 28 hours skills training, 20-40 hours on-the-job training
- Evaluation in effectiveness studies suggest that clinicians trained in competencies help 70% of primary care patients, that patients seen for an average of 2-3 visits maintain these gains for 2 years
- 90% of patients in pc can be served in pc

Focused Acceptance and Commitment Therapy FACT

- Conceptualizes psychological problems as the result of maladaptive cognitive-behavioral processes.
- Provides clinicians with assessment and conceptualization methods linking to specific interventions relevant to the broad range of medical and/or behavioral problems presented by primary care patients.
- Views patient problems as the result of deficits in one or more of the Three Pillars of Psychological Flexibility

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Pillars of Psychological Flexibility



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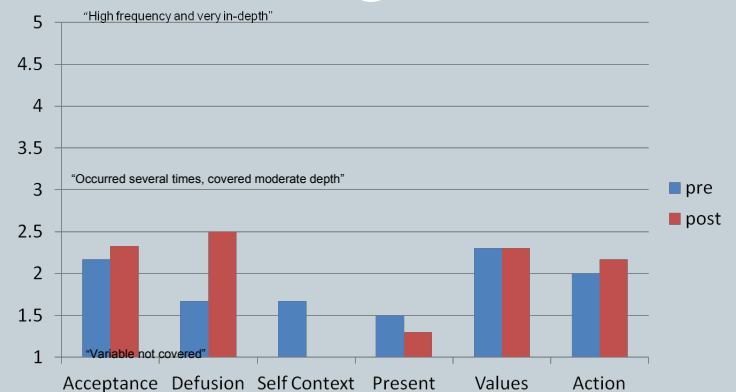
Focused Acceptance and Commitment Competency Assessment Tool FACT CAT

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- 4 Domains: Brief Intervention Competencies, Assessment Competencies, Case Formulation and Treatment Planning, Three Pillars
- Training: Graduate Students, 2-day workshop
- Evaluation suggests FACT training looks like ACT in video evaluations, self-assessment ratings suggest perceived improvements in competence in short training periods with learners with varied histories of education in and practice of clinical interventions, all wanting to make the world a better place

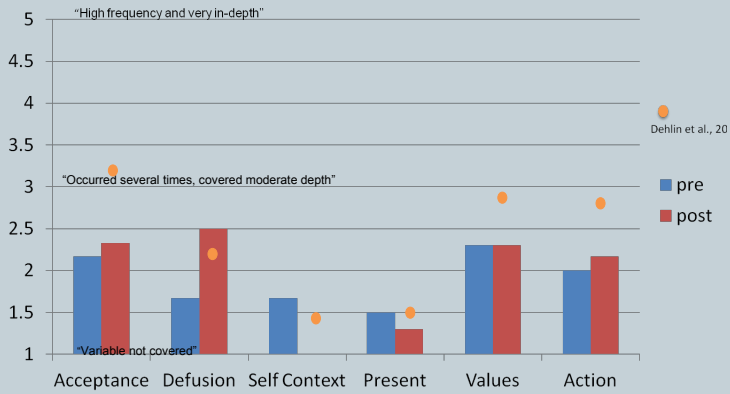
Subjective Rating of ACT Processes

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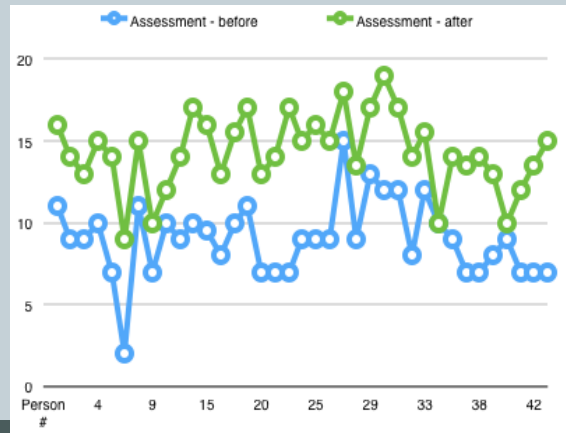
Subjective Rating of ACT Processes

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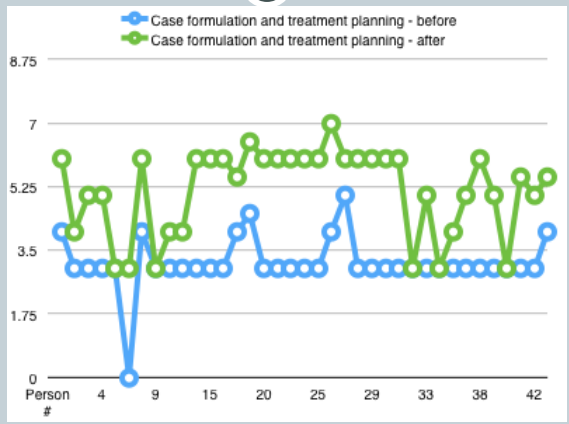
Assessment

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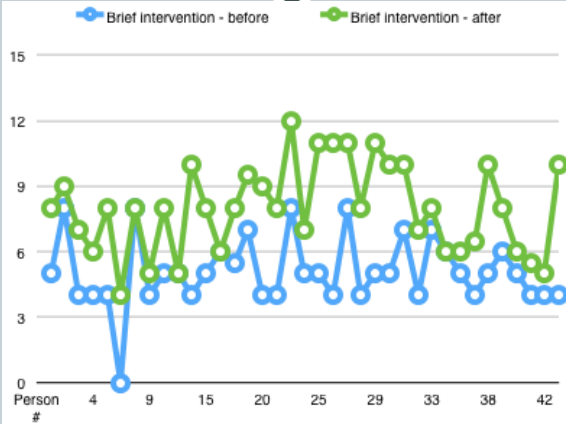
Case Formulation & Treatment Planning

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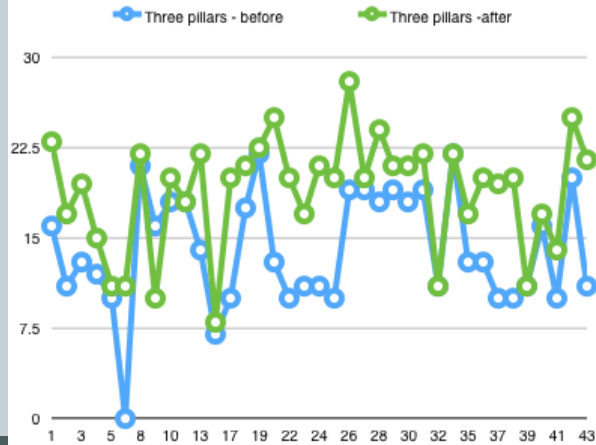
Brief Intervention

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Three Pillars

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Questions? Comments?



KIRK D. STROSAHL, PhD
PRESIDENT
KIRK@MTNVIEWCONSULTING.COM



PATRICIA J. ROBINSON, PhD
DIRECTOR OF TRAINING AND PROGRAM EVALUATION
PATTI@MTNVIEWCONSULTING.COM
Behavioralconsultationandprimarycare.com

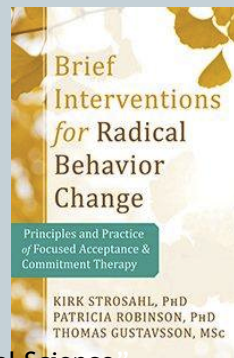
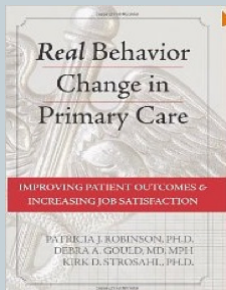
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Resources

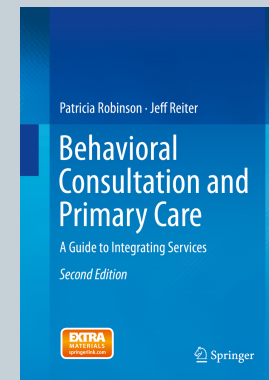
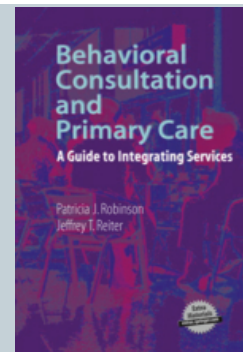


Association for Contextual Behavioral Science

<http://www.contextualpsychology.org/> <http://www.newharbingeronline.com/real-behavior-change-in-primary-care.html>

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Resources



Lots of downloads: BehavioralConsultationandPrimaryCare.com

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