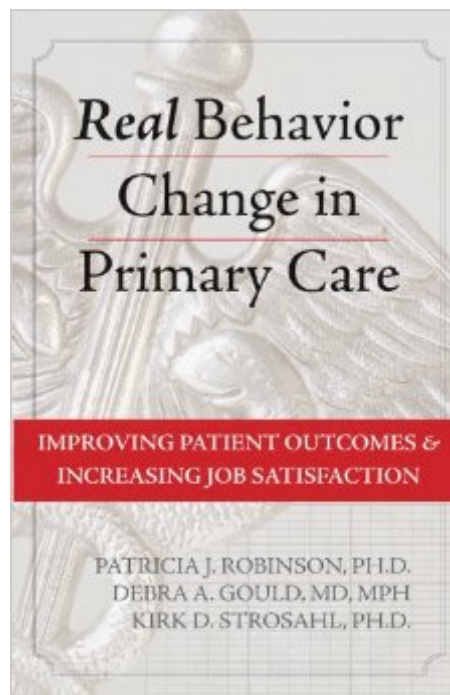


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# Real Behavior Change In Primary Care: Improving Patient Outcomes And Increasing Job Satisfaction (Professional)



## Synopsis

A Toolkit for Creating Lasting Behavior Change in Your Patients As a primary care provider, you are on the front lines of medical treatment. Oftentimes, you're the first medical professional patients come to when they experience problems with their health. While some of these problems can be resolved by traditional medical treatment, many others are driven by underlying psychological issues and unhealthy lifestyle choices that you may feel powerless to affect. Between repeat patient visits and the frustrating progression of preventable symptoms and conditions, it's no wonder so many medical and behavioral health providers feel burned out and at a loss for effective solutions. This guide was designed to help you find those solutions and recapture the ability to effectively help patients achieve optimal health and happiness. Real Behavior Change in Primary Care offers ten-minute interventions that provide your patients with the tools they need to change unworkable and unhealthy behaviors. Each short yet powerful intervention utilizes empirically supported skills from acceptance and commitment therapy (ACT), a form of cognitive behavioral therapy, to help you empower patients to take charge of the psychological blocks that keep them from resolving their health problems. You'll also apply ACT skills to your own life and learn to better manage stress, recover from burnout, and rediscover the meaning behind your work as a health care provider. Help patients suffering with: Chronic disease Alcohol and substance abuse Chronic pain Anxiety and depression Trauma and abuse

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## Customer Reviews

Strosahl, Robinson, and Gould have pulled off the Herculean task of making Acceptance and Commitment Therapy accessible to primary care physicians. The material in this book is written specifically for physicians but would benefit any health professional wanting to help patients in primary care make REAL changes to their health behavior. The best part of the book is the treasure trove of "goodies" that are available online as PDF copies. These include handouts and diagrams that you can share freely as well as additional chapters for more reading. They are perfect for helping patients recognize how current behaviors are not helping them reach personal values. The only thing that I wish the authors would have done more is to draw a stronger contrast between the traditional medical culture and the mental health/behavioral health culture. This kind of comparison of disciplines I think would be helpful for physicians who are completely unfamiliar with the tenets and assumptions of mental health disciplines. However, I imagine that any physician who buys this book is somewhat familiar with what therapists believe and practice.

This book does a brilliant job of reducing ACT to a brief intervention and making it accessible and useful to a wide variety of people (who are not psychologists). I have read about every ACT book out there, but it will be this book I turn to when training health care professionals. It comes with many useful worksheets and tools that let you start using it immediately. It is well worth the investment.

Gives practical and focused examples specifically for primary health professionals, which work differently to mainstream counselling practices. I found it easy to read and look forward to using the skills in my workplace.

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