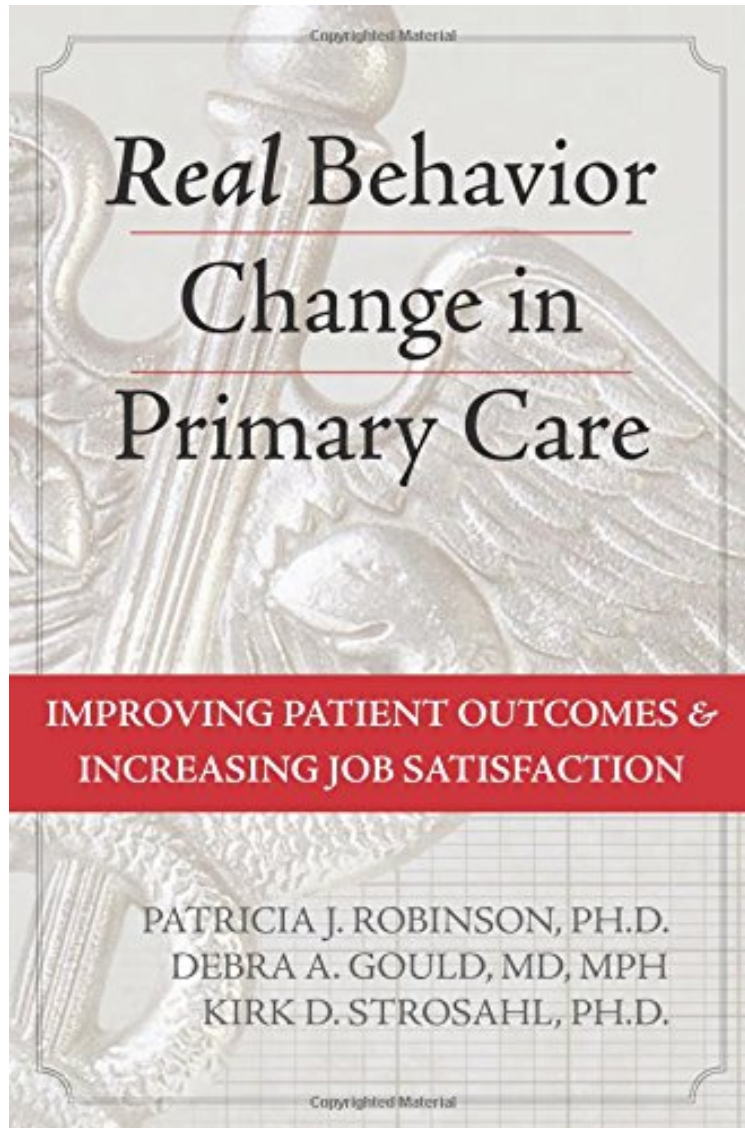


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Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction

Patricia J. Robinson PhD, Debra A. Gould MD MPH, Kirk D. Strosahl PhD
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0 of 0 people found the following review helpful. I would like a magic formula to help them make changes (especially ...By Dave caulfieldas a family nurse practitioner, this is probably outside my scope. I get to spend maybe 10" with a patient. I would like a magic formula to help them make changes (especially when they don't want to). This seems more designed for therapists, etc. Oh well...Live and learn!2 of 2 people found the following review helpful. Brilliant book for empowering people who work in the health care areaBy Joseph CiarrochiThis 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.0 of 0 people found the following review helpful. Necessary reading for people working in medical clinicsBy medit8aGives 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.

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

"One of the most difficult tasks faced by primary care providers is convincing patients to engage in positive behaviors such as maintaining a diet. Robinson, Gould, and Strosahls Real Behavior Change in Primary Care adds ACT to the growing list of techniques that are available to help the primary care provider convince patients to change their behaviors for the better. In simple, readable prose, they outline a strategy with wide implications for improving primary care practice." Robert McGrath, PhD, professor of psychology at Fairleigh Dickinson University