



Teaching Thinking Skills to People with Behavioral Health Disorders

TRAINERS: DAVID LOVELAND, PH.D., DIRECTOR OF RESEARCH, HUMAN SERVICE CENTER

DATE: APRIL 24, 2013

TIME: 12:00-1:00 P.M. (CENTRAL TIME)

BRIEF DESCRIPTION: The webinar will provide an overview of behavioral training techniques to enhance a person's problem solving abilities. These behavioral and cognitive behavioral techniques are used in a variety of evidence-based practices to treat depression, anxiety, chronic pain, substance use disorders, and other behavioral health disorders. The goal of the webinar is to provide clinicians with training techniques that can enhance a person's self-management capacity. An underlying goal is to reframe the goal of treatment from the elimination of symptoms or disease states to helping people re-engage in meaningful activities, with or without ongoing symptoms of their behavioral health disorder.

OBJECTIVES: At the conclusion of this webinar, the participants will be able to:

- Learn about the pull toward the righting reflex and how clinicians can avoid the trap of fixing or curing their clients
- Learn how to assist individuals in expanding their problem solving and proactive planning skills through effective teaching techniques
- Identify their client's avoidance behaviors that create and sustain their behavioral health conditions, such as depression or anxiety as well as how to develop effective behavioral activation techniques to counter the destructive impact of avoidance

BRIEF BIO: David Loveland, Ph.D. is the Director of Research at the Human Service Center in Peoria, Illinois. His research focus is on developing community-based models of care for individuals with a mental illness or substance use disorder as well as translating effective practices in health care services. Dr. Loveland's active projects include expanding the recovery coach model in addiction treatment, integrating primary care and behavioral health services and developing behavioral health treatment interventions with e-therapy technology.

RECOMMENDED READING AND OTHER RESOURCES:

Websites – Self-Help Skills Training Interventions

Free

- Drinkers checkup at www.drinkerscheckup.com for alcohol use disorders
- E-couch for adolescents at www.ecouch.anu.edu.au for CBT depression
- Mobile Wellness and Recovery at www.mobilewellnessandrecovery.com for depression, anxiety, chronic pain or substance use disorders
- Mood Gym for adults at www.Moodgym.anu.edu.au for CBT depression
- Panic Center at <http://paniccenter.net/Default.aspx> for anxiety disorders

Fee-Based Programs

- Beating the blues at www.beatingtheblues.co.uk for depression or anxiety
- Fear fighter at <http://www.fearfighter.com/> for anxiety disorders

Behavioral Skills Training

- Kanter, J., Busch, A., & Rusch, L. (2009). *Behavioral Activation: Distinctive Features (CBT Distinctive Features)*. New York: Routledge
- Lejuez, Carl.W., Hopko, D.R., Acierno, R., Daughters, S.B., & Pagoto, S.L. (2010). *Ten Year Revision of the Brief Behavioral Activation Treatment for Depression (BATD): Revised Treatment Manual (BATD-R)*
- Martell, C.R., Dimidjian, S., Herman-Dunn, R. (2010). *Behavioral Activation for Depression: A Clinician's Guide*. New York: Guilford Press.
- Miller, W.R., Forcehimes, A.A., & Zweben, A. (2011). *Treating Addiction: A guide for professionals*. New York: The Guildford Press
- Miller, W.R. & Rollnick, (2013). *Motivational Interviewing, 3rd Edition*. New York: The Guildford Press
- O'Donohue, T.O. & Levensky, E.R. (Eds.; 2006). *Promoting Treatment Adherence: A practical handbook for health care professionals*. Thousand Oaks, CA: Sage Publications.
- Otis, J. (2008). *Managing Chronic Pain: A cognitive behavioral treatment approach, therapist guide*. New York: Oxford University Press.
- Rosengren, D.B. (2009). *Building Motivational Interviewing Skills: A practitioner workbook*. New York: Guilford Press.
- Strosahl, K., Robinson, P., & Gustavsson, T. (2012). *Brief Interventions for Radical Change: Principles and practice of focused acceptance and commitment therapy*. Oakland, CA: New Harbinger Books.
- Robinson, P., Gould, D., & Strosahl, K. (2011). *Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction*. Oakland, CA: New Harbinger Books.

Primary Care-Behavioral Health Integration

- O'Donohue, W.T. & Draper, C. (Eds.; 2011). *Stepped Care and e-Health: Practical applications to behavioral disorders*. New York: Springer
- O'Donohue, W.T., Byrd, M.R., Cummings, N.A., & Henderson, D.A. (2005). *Behavioral Integrative Care: Treatments that work in the primary care setting*. New York: Brunner-Routledge.
- Rollnick, S. Miller, W.R., & Butler, C.C. (2008). *Motivational Interviewing in Health Care: Helping patients change behavior*. New York: Guilford Press.
- Robinson, P., Gould, D., & Strosahl, K. (2011). *Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction*. Oakland, CA: New Harbinger Books.
- Robinson, P., & Reiter, J. (2006). *Behavioral consultation and primary care: A guide to integrating services*. New York: Springer.
- Strosahl, K., Robinson, P., & Gustavsson, T. (2012). *Brief Interventions for Radical Change: Principles and practice of focused acceptance and commitment therapy*. Oakland, CA: New Harbinger Books.