

# REAL BEHAVIOR CHANGE IN PRIMARY CARE

Improving Patient Outcomes & Increasing Job Satisfaction

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## About the Authors

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### *Real Behavior Change in Primary*

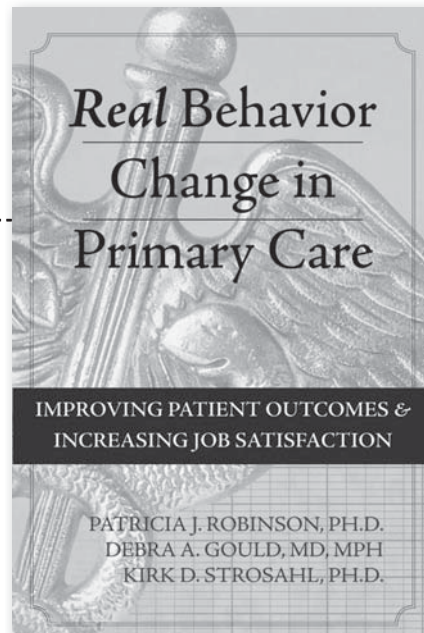
*Care* is an effective resource for creating lasting behavior change in patients and increasing successful patient outcomes

Primary care providers are on the front lines of medical treatment. Often they are the first medical professional that patients come to when they are experiencing 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 primary care providers 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 primary care providers 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 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 primary care providers empower patients to take charge of the psychological blocks that keep them from resolving their health problems. It will also help providers apply ACT skills to their own lives and learn to better manage stress, recover from burnout, and rediscover the meaning behind their 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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