

Intervention Categories

1. Stress reduction
 - a. Environment
 - i. Interpersonal relationships
 1. Counseling
 2. Assertiveness vs aggression
 - ii. Work
 1. Assertiveness vs aggression
 2. Job change
 3. Arbitration
 4. Acceptance
 - iii. Finances
 1. Problem solving
 2. VA resources
 - iv. Create a supportive environment as much as possible
 1. New people, places, and things
 - v. etc
 - b. Physical condition - Medical interventions for:
 - i. Chronic pain
 1. Pain clinic for meds mgmt
 2. Psych strategies
 - ii. Disturbed sleep
 1. Sleep clinic
 2. Sleep hygiene
 3. Meditation
 - iii. Obesity
 1. MOVE program
 2. Meds, surgery,
 - a. Medical implications: diabetes, fatigue, self-esteem
 - iv. Low thyroid, low testosterone, meds side effects
 1. Physical conditions that have mental health side effects
 2. Fatigue and sexual side effects of medications
 3. You must work in collaboration with PCP
 - v. etc
 - c. Behavior
 - i. Substance abuse
 1. Substance abuse treatment program
 - ii. Isolating
 1. Joining social groups
 - iii. Compulsive gambling
 1. G.A.
 - iv. etc.
 - d. Thinking
 - i. CBT

2. Evidence Based Treatments (EBTs)
 - a. Cognitive Behavior Therapy (CBT)
 - i. Cognitive & Stress Models
 1. Understanding role between thoughts and mood/behavior
 - ii. Depression, Anxiety, and Anger Models: situational vs organic
 1. Are these conditions the result of physical illness or thinking?
 - iii. Meditation
 1. Improve ability to focus/concentrate
 2. Learn effective way of calming oneself
 - iv. ID/Decide/Modify distorted thinking
 1. Identify stuck points and rigid rules
 - a. ABC sheets
 - b. Input from others
 2. Define desired behavior and commit to pursuing it
 - a. Challenge beliefs using behavioral experiments
 3. Modification: re-training your brain
 - a. Develop & apply alternative responses for stuck points
 - b. Mental rehearsal
 - c. Live practice
 - i. Desensitization
 - d. Ritual
 - e. Reminders
 - v. Belief system
 1. Cybernetic model: HW & SW
 2. “Weakness of the Neurotic”
 3. Unconscious selection of unsupportive beliefs
 4. Conscious selection of supportive beliefs
 - b. Activity scheduling
 - i. Recreational Physical Activity
 - ii. Other pleasant activities
 - c. Improved interpersonal relationships
 - i. Group – MHC groups are temporary
 - ii. Increased social involvement
 - iii. Enhance social skills: assertiveness vs. aggression
 - d. Medication for mental illness
 - i. Anti depressants
 - ii. Anti anxiety
 - iii. Meds for sleep, anger, nightmares, etc.
 - iv. Consider side effects trade-offs