

15 Minute Hour

A Hands-on Workshop

Marian R. Stuart, Ph.D.

Emeritus Professor of Family Medicine

Rutgers-Robert Wood Johnson Medical School

Focus of Presentation

- The connection between primary care and mental health care delivery
- Why and how to screen for emotional problems using BATHE
- Demystifying the therapeutic process
- Recognizing opportunities to enhance overall health

Epidemiology

- 68% of adults with mental health conditions also have medical conditions.
- 29% of adults with medical conditions also have mental health conditions.

Rebecca B. Chickey, MPH, Director of the AHA Section for Psychiatric and Substance Abuse Services

Cost of Managing Mental Health

- In the UK patients with co-existing long term chronic medical and co-existing mental health problems raise the total health care cost by approximately 45% per person
- 12-18% of all National Health Service cost go for Mental Health
- £8-13 Billion

Mental Health and Primary Care

- Most mental health services here and elsewhere are provided in primary care--and this will continue
- Primary care is the de facto mental health system
- At least one third of primary care patients have a psychiatric diagnosis
- Three fourths will primarily complain of physical symptoms
- Cognitive therapy is an effective modality that can be provided in the framework of a brief office visit

Why should physicians address psychological problems?

- **Psychological health ↔ physical health**
- **The body/mind is one**
- **Patient is asking for help**

STRESS



Stress and Brain Plasticity

- Stress actually effects brain plasticity.
- Chronic and especially early life stress has long-lasting effects on the brain and on behavior.
- The effects of stressful life experience can be transmitted epigenetically, i.e. changes in the development of brain structures can be passed on to future generations.

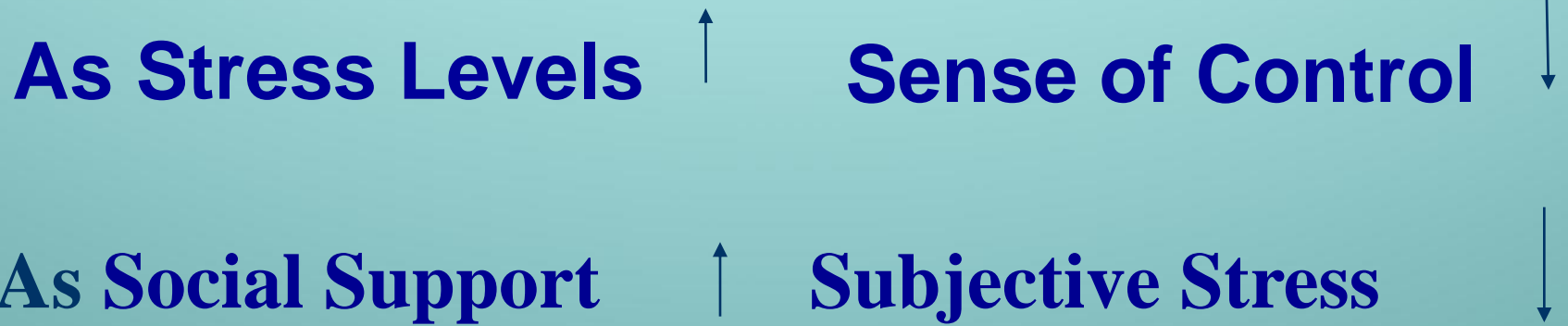
Effects of Chronic Stress

- Although pre- and post-natal stress has the most significant consequences, stress in adult life also affects gene expression and brain function
- The brain, particularly regions such as the hippocampus, a key brain structure for episodic and spatial memory and also for mood regulation, is extremely sensitive to stress.
- Brain plasticity means: **neurons that fire together, wire together**

Brain Plasticity can be Positive

- Exhilaration from satisfactorily meeting challenges, results in a sense of mastery and leads to beneficial epigenetic changes in the brain.
- Tolerable stress is experienced when coping with adverse life events but receiving good social and emotional support.

Stress and Social Support



Social Support Provides Positive Information

- About the person
- About the relationship
- About handling the problem



Two Basic Human Needs...

- **To feel competent**
- **To feel connected**

Andrus Angyal

Goals of 15 Minute Therapy

- Preventing dire consequences
- Re-establishing premorbid level of functioning
- Expanding behavioral repertoire
- Enhancing patient's self esteem



SOAP

SUBJECTIVE OBJECTIVE ASSESSMENT PLAN



Toilet Soap is larger than guest soap

BATH SOAP IS BIGGERS STILL

The BATHE Technique

Background

Affect/Feeling

Trouble

Handling

Empathy

How to BATHHE your Patients as you SOAP Them:

Background: What is going on in your
life?

Affect: How does that make you feel?

Trouble: What about it troubles you
most?

Handling: How are you handling that?

Empathy: That must be very difficult.

How to **BATHE** your
Patients as you **SOAP** Them:

Background: What is going on in your
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REASONS TO BATHE PATIENTS

- 1. To serve as a screening test for anxiety, depression or situational stress
- 2. To establish rapport with patients
- 3. To answer the question, "why is the patient here now" as part of constructing a medical history
- 4. Explore reactions to a diagnosis, resistance to treatment or making a lifestyle change

The Study

- **Dr. Sandra Leiblum, Eliezer Schnall and psychology interns designed it**
- **IRB Approved**
- **4 doctors, 10 patients with BATHE, 10 patients no BATHE**
- **Research assistant (RA) obtained informed consent in waiting room**
- **RA informed physicians of condition and collected data after the visit**

Leiblum et al. *Fam Med* 2008(6)407-11

The Results

	BATHE	Non- BATHE	Significance
Information your doctor gave you about medications	4.59	3.92	0.00
Please rate your overall satisfaction with today's visit to your doctor	4.68	3.95	0.00

1 = Very Poor, 5 = Very Good

BATHE

Background: What is going on in your life?

Affect: How does that make you feel?

Trouble: What about it troubles you most?

Handling: How are you handling that?

Empathy: That must be very difficult.

Strategies for Helping Patients

- **Focusing on options**
- **Looking at consequences**
- **Applying tincture of time**
- **Choosing not to choose**

Four Options for a Bad Situation

- **Leave it**
- **Change it**
- **Accept it**
- **Reframe it**

Three-Step Problem Solving for Bad Situations

- 1. What are you feeling?**
- 2. What do you want?**
- 3. What can you do about it?**

Basics of CBT Therapy

1. CBT is based on the cognitive model of emotional response
2. CBT is brief and time-limited (Elements can be included into a 15 minute visit)
3. A therapeutic relationship is required
4. It's a collaborative effort

Cognitive-Behavioral Therapy (CBT) Demystified

- We constantly tell ourselves, as well as others, stories
- These stories create our reality and affect our experience
- These stories limit how much energy we invest to achieve a goal
- These stories determine what we are capable of achieving

Challenging Absolutes

- **Always**
- **Never**
- **Everyone**
- **No-one**

Challenging Imposed Limits

- **Can't**
- **Must**
- **Should**
- **It's impossible**

The Amazing Power of the Word “YET”

- YET implies it is possible
- YET implies impending change
- YET empowers people to contemplate changes

Core Foci of Positive Psychology

- Understand who we are and how we cope with adversity
- Study populations to understand what makes some people more resilient than others
- Recognize that optimism and other resilient thoughts and behaviors are learned behaviors
- Teach resilience and help individuals tap into their already existing core strengths and virtues
- Study and promote happiness despite circumstances

Effect of Physical Activity on the Immune System

- lower numbers of exhausted/senescent T-cell
- increased T-cell proliferative capacity
- lower circulatory levels of inflammatory cytokines ("inflamm-aging")
- longer leukocyte telomere lengths in aging humans

Simpson, Lowder, et al Exercise and the aging immune system, Ageing Res Rev, 2012

Exercise Affects Brain Plasticity

- Aerobic exercise and strength training improve cognitive function and mood
- help prevent and treat mental diseases prevalent in older adults, like major depression, dementia and Parkinson's disease

Mindfulness Meditation and MBCT

- Mindfulness is paying attention to one's experience in the present moment
- Observing thoughts and feelings without judgment
- Teaches people to disengage from ingrained dysfunctional thoughts
- MBCT combines mindfulness, exercise including yoga and homework doing daily chores with what one is doing moment to moment

Benefits of Mindfulness Meditation

- Treatment for and prevention of relapse of depression
- Counters rumination—focus on sensations and feelings rather evaluative thoughts
- Follows rules of neuroplasticity—shrinks grey matter in amygdala – seat of stress reactions
- Increases density of left hippocampus – emotional regulator

Benefits of Accenting the Positive

- **Studies overwhelmingly connect life satisfaction with increased health and longevity**
- **Physicians' ability to promote positive affect in their patients becomes an important skill**
- **The Positive BATHE can also be used among by physicians and staff to overcome negativity related to circumstances that can't be changed**

Confirmatory Research

- **Recent studies highlight the striking effects of positive thoughts**
- **They enhance the ability of the immune system to protect the body**
- **They help overcome depression**
- **They promote both physical and mental health**

(Psychological Bull 2005:131(6)925-971)

Positive vs. Negative Thoughts

- **Positive thoughts or attitudes release endorphins and have a tonic effect on organs**
- **Negative thoughts are adverse stimuli that release adrenaline and cause weakness and enervation of specific organs**

The Positive Bathe

- **B: Best** What's the best thing that's happened to you this week? Or since I saw you?
- **A: Affect or Account:** How did that make you feel? Or How to you account for that?
- **T: Thankfulness:** For what are you most grateful?
- **H : Happen:** How can you make things like that happen more frequently?
- **E: Empathy or Empowerment:** That sounds fantastic. I believe that you can do that.

To Bathe or Positive Bathe That is the Question

- With a new patient or new complaint use the standard BATHE
- When you haven't seen a patient for several months, use the standard BATHE
- In follow up visits try using the Positive BATHE
- With routine visits for chronic conditions use the Positive BATHE on a regular basis to focus patients on the good things in their lives

Summary

- Mental illness is prevalent and can be treated in the primary care setting
- The BATHE Technique efficiently obtains relevant psychosocial data while improving patient satisfaction
- Simple cognitive interventions can help patients to feel competent and connected while enhancing the therapeutic process
- Empirical evidence supports the benefit of focusing on the positive aspects of life, exercising and meditating
- The Positive BATHE may enhance patient health by fostering affirmative thinking

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THE FIFTEEN MINUTE HOUR

THERAPEUTIC TALK IN PRIMARY CARE

FIFTH EDITION



MARIAN R STUART PhD and JOSEPH A LIEBERMAN III MD, MPH
Forewords by ALFRED F TALLIA MD, MPH and ROBERT E RAKEL MD

THE BEGINNING

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