



Society of Rural Physicians of Canada
27TH ANNUAL RURAL AND REMOTE MEDICINE COURSE
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Dr. Jackie Kinley

SESSION 233

Psychotherapy Skills for the Busy Family Physician

Being able to understand and find the time to address patients fears and anxieties during office visits is a challenge. And dealing with relationship and mental health concerns plays a large part of the family physicians daily practice. In this session we will introduce a brief, yet comprehensive framework that is useful for family physicians struggling to make sense of, and be of service to, patients who continue to struggle with self-sabotaging behaviours, anxiety and depression. It will also demonstrate how to utilize the technique and what to focus on in follow up visits.

Recommended (optional!) reading: Stuart and Lieberman, The Fifteen Minute Hour

1. Clarify the role of Psychotherapy in a busy GP's office.
2. Describe Common Goals of therapy.
3. Identify Crisis/Solution focused Therapy.
4. Demonstrate the BATHE Technique.
5. Describe Follow up Sessions.
6. List 4 Common Schools of Therapy