Outline for Note-Taking: Core Interventions and Clinical Applications (Module 3)

Learning Objectives

By the end of this module, learners will be able to:

- Implement evidence-based brief interventions in PCBH settings.
- Explain the primary advantage of delivering behavioral activation via telehealth.
- Apply interventions for common conditions seen in primary care.

Executive Summary/Rationale:

- PCBH = fully integrated, evidence-based care.
- Behavioral + physical health are interconnected.
- Telehealth expands access, maintaining effectiveness.
- Module 3 → focus on brief, skill-based interventions central to PCBH.

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Core Principles of PCBH Interventions

- Brief, skill-based, behavior-focused.

- Immediately applicable, complements medical care.

- Telehealth outcomes = in-person outcomes.

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Relaxation Training

- **Deep Breathing:** Diaphragmatic, calming cue word.

- **Progressive Muscle Relaxation:** Tension → release cycle.

- **Cue-Controlled Relaxation:** Pair relaxation with daily cues.

- **Visual Imagery:** Vivid sensory-based calming scenes.

- **Telehealth advantage** → patients practice in home environment.

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Sleep Interventions

- **Sleep Restriction:** Consolidate sleep, increase efficiency.

- **Sleep Hygiene:** Consistent schedule, environment, habits.

- **Stimulus Control:** Strengthen bed–sleep association.

- **Telehealth** → use sleep logs, virtual environment assessments.

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Mood & Anxiety Interventions

- **Behavioral Activation (BA):** Schedule pleasant/meaningful activities; telehealth = in-home application.

- **Worry Management:** Worry time, productive vs. unproductive worry.

- **Problem-Solving Therapy:** Six-step structured process; screen sharing enhances delivery.

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Trauma-Informed Interventions

- **Psychoeducation:** Normalize trauma responses.

- **Grounding Techniques:** 5-4-3-2-1, sensory anchors.

- **Safety Planning:** Warning signs, coping, supports, professional resources.

- **Telehealth** → private, visual aids, home-based relevance.

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Substance Use Interventions

- **Motivational Interviewing (MI):** Open questions, affirmations, reflections, summaries.

- **Brief Interventions (FRAMES):** Feedback, Responsibility, Advice, Menu, Empathy, Self-efficacy.

- **Harm Reduction:** Safer use strategies when abstinence not immediate.

- **Telehealth** → privacy encourages disclosure, video builds rapport.

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Crisis Intervention & Safety Protocols

- **Virtual Crisis Assessment:** Location verification, safety checks, C-SSRS use, backup contacts.

- **Safety Planning:** Shared docs, realistic environment-based strategies.

- **Emergency Procedures:** Clear written protocols, team training, coordination with local services.

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Adapting Interventions for Telehealth

- **Therapeutic Relationship:** Camera/lighting, clear audio, active listening.

- **Environment:** Privacy, reduced distractions, home-based relevance.

- **Tech Prep:** Backup plans (phone/text), troubleshooting support.

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Summary

- PCBH interventions = practical, immediate, behavior-change tools.

- Telehealth expands reach without compromising outcomes.

- Core interventions: relaxation, sleep, mood/anxiety, trauma, substance use.

- Safety protocols = essential in remote care.

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