

Human Behavior and Mental Health Curriculum

FACULTY

Our Behavioral Science faculty are clinical psychologists working full-time in our department. Each participates in didactic residency teaching, resident supervision at the Family Medicine Centers, and clinical practice in mental health.

***Donald Bartlett, Ph.D.** – Clinical Psychologist. He provides teaching and supervision at the Jefferson Family Health Center and Cleve-Hill Family Health Center. His clinical practice is located at the UB Family Medicine Center in Tonawanda.*

***Marlon Koenigsberg, Ph.D.** - Clinical Psychologist. He teaches and maintains a clinical practice at the Lazar Family Medicine Center. He serves as Director of Behavioral Science for the Family Medicine residency program.*

CONTENT

- Mental Health – Screening, diagnosis and management of mental disorders and substance abuse with focus on common problems in primary care
- Behavioral Medicine - Behavioral aspects of medical care, including health behavior change (e.g., treatment adherence, habit change, establishing preventive behaviors), death & dying, caregivers, chronic pain, chronic illness, mind-body interactions.
- Resident Well-Being – Stress management, assertiveness training, coping with residency stresses, teamwork
- Advanced Interviewing – Interviewing styles, nonverbal behavior, reaching common ground, handling conflict
- Family Issues – Family systems, interviewing families,
- Violence – Family violence, rape, sexual abuse, crime victims.
- Developmental Issues – Individual and Family developmental stages, child developmental issues
- Integrated Themes: *Patient-Centered Medicine, Use of Community Resources, Medical Ethics & Patient Safety* (Reduction of Medical Errors) themes are integrated throughout the curriculum.

STRUCTURE

Orientation

Our residency program begins with a four week orientation module. For the first two weeks, all new residents attend various workshops and social events together; the latter two weeks include orientation to your Family Medicine Center and the corresponding hospital Family Medicine Inpatient Service. The workshops include Psychiatric Emergencies & Lethality Assessment and Patient-Centered Communication.

PGY-1 Skills Training Course

PGY-1 residents from all sites will meet once per module as a group. The focus will be managing internship pressures, advanced communication skills, patient safety skills (reduction of medical errors) and facilitating health behavior change. Dr. Bartlett will coordinate this Course. Each 90 minute session will begin with support activities emphasizing internship coping skills; the remainder devoted to topical workshops.

PGY-1 Schedule (Thursday Workshops)
Is there life after rounds? Stress Management Techniques
Health Behavior Change Techniques
Changing Habits
Treatment Adherence
Giving Bad News
Assertiveness Training
Disclosing Errors
Interviewing Families
Patient Diversity

PGY-2 & 3 Behavioral Science Topical Series

Seminars presented by departmental faculty psychologists, faculty family physicians, and university/community health and allied professionals (including physicians, social workers, psychiatrists, and psychologists). Residents from all sites meet together on Thursday afternoons approximately every other month. Dr. Koenigsberg will coordinate this 2-year course. Sample topics:

PGY-2 & 3 Topical Series (covered over 2 years)
Topic
ADHD
Alcohol & Substance Abuse
Anxiety and panic disorders – assessment & management
Child & adolescent development & disorders
Child Abuse
Eating disorders
Family violence
Topics in Medical Ethics
Mental Health Screening
Mood disorders – assessment & management
Psychopharmacology Updates (Dr. Pristach, UB Psychiatrist)
Rape and Sexual Abuse
Sexual (order &) disorder

Small-groups led by site psychologist

Once per module, at each site. Focus on psychosocial & ethical aspects of current cases, application of behavioral science content and skills to clinical situations, use of social agencies as adjuncts to patient care, patient safety issues, and support. Each 90 minute session will begin with support activities emphasizing upper level residents supporting and advising interns and PGY-2's; the remainder devoted to discussion of on-site cases and rotating topics.

Site Specific Topics (covered over 3 years)
Coping with Chronic Illness
Cultural Diversity
Death, dying, & grief
Difficult Patients
Family life cycle & family dynamics
Geriatrics
Management of borderline & other personality disorders
Management of chronic pain
Psychosomatic disorders & Medical problems which present as psychological complaints
Traumatic Stress Disorders

On-site supervision and consultation

Precepting on Family Medicine Center patients and families. Residents will be supervised on a periodic basis by Behavioral Science faculty. Residents may also request to meet with Behavioral Science faculty or see a patient with them on a scheduled basis. Videotaping will be used to review patient encounters with residents. This may be initiated by either the Behavioral Scientist or the Resident.