

Contents

Part I Background

- | | |
|--|----------|
| 1 Introduction..... | 3 |
| Rodger Kessler and Dale Stafford | |
| 2 Primary Care <i>Is</i> the De Facto Mental Health System..... | 9 |
| Rodger Kessler and Dale Stafford | |

Part II Organizing Collaborative Care in Medical Settings

- | | |
|--|-----------|
| 3 Planning Care in the Clinical, Operational,
and Financial Worlds | 25 |
| C.J. Peek | |
| 4 How I Learned About Integrated Care by Failing Miserably:
The Deadly Sins of Integration | 39 |
| Rodger Kessler | |
| 5 Tailoring Collaborative Care to Fit the Need:
Two Contrasting Case Studies | 51 |
| Nicholas A. Cummings and William T. O'Donohue | |
| 6 Managing Chronic Pain Through Collaborative Care:
Two Patients, Two Programs, Two Dramatically Different
Outcomes | 59 |
| Barbara B. Walker, Peter A. Brawer, Andrea C. Solomon,
and Steven J. Seay | |
| 7 Integrating Mental Health Services into Primary Care:
The Hamilton FHT Mental Health Program | 71 |
| Nick Kates | |

Part III Primary Care Life

8 The Primary Care Behavioral Health Model: Applications to Prevention, Acute Care and Chronic Condition Management	85
Kirk Strosahl and Patricia Robinson	
9 A Collaborative Approach to Somatization	97
Alexander Blount and Ronald Adler	
10 Improved Health Status and Decreased Utilization of an Anxious Phobic Man	105
Rodger Kessler and Dale Stafford	
11 The Train Wreck: Assessment and Management of a Complex Medical Patient	115
Christopher L. Hunter, Jeffrey L. Goodie, and Pamela M. Williams	
12 Collaborative Medical and Behavioral Health Treatment of Patients with Migraine Headache	127
Beverly E. Thorn, Gary R. Kilgo, Laura Pence, and Mary Kilgo	
13 Collaborative Care for an Immigrant Couple.....	143
Jo Ellen Patterson, Todd M. Edwards, Gene A. Kallenberg, and Sol D'Urso	
14 Assessment and Management of Somatoform and Conversion Symptoms.....	153
Mark S. Warner, M. Lucy Freeman, and Lonn Guidry	

Part IV Women's Health

15 Chronic Pelvic Pain: A Case for an Interdisciplinary Evaluation and Treatment Approach	169
Allen H. Lebovits and Kenneth A. Levey	
16 Biobehavioral Management of Hot Flashes in a 48-Year-Old Breast Cancer Survivor	177
Gary R. Elkins, Christopher Ruud, and Michelle Perfect	
17 Preserving a Life and a Career: How a Partnership Between Medicine and Psychology Saved a Physician with Anorexia Nervosa	187
Barbara Cubic and Daniel Bluestein	

- 18 Collaborative Care to Heal Gender Relations Across Generations: A Couple of Trainees Watch a Couple of Experts Treat a Couple of Couples 203**
Tziporah Rosenberg, Daniel Mullin, Susan H. McDaniel, and Kevin Fiscella

Part V Specialty Mental Health Care to Medical Patients

- 19 The Complex Orofacial Pain Patient: A Case for Collaboration Between the Orofacial Pain Dentist and the Clinical Health Psychologist..... 217**
John L. Reeves II and Robert L. Merrill
- 20 Integrated Care in a Cardiac Rehabilitation Program: Benefits and Challenges..... 255**
Charlotte A. Collins, Barbara B. Walker, Jeff R. Temple, and Peter Tilkemeier
- 21 Collaborative Treatment in Behavioral Medicine: Treatment of a Young Single Mother with Psoriasis and Generalized Anxiety Disorder 267**
Anthony R. Quintiliani
- 22 Hypnotic Amplification–Attenuation Technique for Tinnitus Management..... 275**
Arreed Barabasz and Marianne Barabasz

Part VI Chronic Medical Illness

- 23 An Integrative Approach to Treating Obesity and Comorbid Medical Disorders 287**
Roderick Bacho, John Myhre, and Larry C. James
- 24 A Case of Medically Unexplained Chronic Cough 299**
Jean Grenier and Marie-Hélène Chomienne
- 25 Walking the Tightrope Without a Net: Integrated Care for the Patient with Diabetes, Cardiovascular Disease, and Bipolar Disorder...and No Insurance..... 309**
Parinda Khatri, Gregg Perry, and Febe Wallace
- 26 Healing Through Relationships: The Impact of Collaborative Care on a Patient with Spina Bifida 319**
Sarah Prinsloo, Jose Bayona, and Thelma Jean Goodrich

Part VII Psychiatric and Comorbid Disorders in Primary Care

- 27 Overcoming Depression in a Strange Land: A Hmong Woman's Journey in the World of Western Medicine..... 327**
 Tai J. Mendenhall, Mary T. Kelleher, Macaran A. Baird,
 and William J. Doherty
- 28 Seven Years in a Young Man's Life: Collaborative Care in Rural Vermont..... 341**
 John Matthew, William Fink, and Lauri Snetsinger
- 29 Bringing the Family into Focus: Collaborative Inpatient Psychiatric Care..... 351**
 Jennifer Hodgson, Charles Shuman, Ryan Anderson,
 Amy Blanchard, Patrick Meadors, and Janie Sowers

Part VIII Pain

- 30 Complexity and Collaboration..... 367**
 William B. Gunn Jr. and Dominic Geffken
- 31 A Bad Situation Made Worse 375**
 Daniel Bruns and Thomas J. Lynch
- 32 Innovations in the Treatment of Comorbid Persistent Pain and Posttraumatic Stress Disorder..... 387**
 John J. Sellinger and Robert D. Kerns
- 33 What Goes Up Must Come Down: The Complexity of Managing Chronic Pain and Bipolar Disorder..... 399**
 Christine N. Runyan, Scott A. Schinaman,
 and William T. O'Donohue
- 34 Pediatric Burns: They Are Not Always What They Appear 409**
 Barry Nierenberg
- 35 A Man with Chronic Back Pain and Panic Attacks: A Collaborative Multisystem Intervention..... 415**
 Jose Bayona

Part IX Conclusion

36 Summary.....	423
Dale Stafford and Rodger Kessler	
Index.....	431



<http://www.springer.com/978-0-387-76893-9>

Collaborative Medicine Case Studies

Evidence in Practice

Kessler, R.; Stafford, D. (Eds.)

2008, XX, 440 p., Hardcover

ISBN: 978-0-387-76893-9