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Click here for free online materials from Real Behavior Change in Primary Care. About My Co-Authors. My co-authors include Debra A. Gould, MD, MPH, and Kirk Strosahl, PhD. Deb is a practicing physician, researcher, and University of Washington Family Practice residency faculty member.

**REAL BEHAVIOR CHANGE IN PRIMARY CARE: IMPROVING PATIENT ...**

Patricia J. Robinson, Debra GOULD Electronics, Kirk D. Strosahl: Number of Pages: 264 Pages: Le Classification Number: R726.7.R625 2010: Publication Date: 2011-01-02: Reviews "The authors have adapted the latest advances in evidence-based behavioral and cognitive therapies for use in the fast-paced primary care environment.

9781626252035 - Real Behavior Change in Primary Care ...

Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction by Robinson PhD, Patricia J.; Gould MD MPH, Debra A.; Strosahl PhD, Kirk D., New Harbinger Publications, PAPERBACK, 1626252033 "BRAND NEW" Ships Same Day or Next! . New

Real Behavior Change in Primary Care - Robinson, Patricia ...

In this book, you'll learn to teach patients the ACT

techniques that can help them become more aware of avoidant behavior patterns that may be negatively affecting their health. Real Behavior Change in Primary Care is fascinating reading for any medical or behavioral health care provider interested in exploring the link between mind and body health, and can potentially make a dramatic impact on health care as we know it.

#### **Real Behavior Change in Primary Care: Improving Patient ...**

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#### **Behavioral Consultation and Primary Care - Patricia ...**

She is an author of five books, including Behavioral Consultation and Primary Care: A Guide to Integrating Services (with Jeffrey T. Reiter) (Springer, 2007), The Mindfulness and Acceptance Workbook for Depression (with Kirk Strosahl) (New Harbinger, 2008), and Real Behavior Change in Primary Care: Strategies and Tools for Improving Patient Outcomes and Increasing Job Satisfaction (New

#### **Real Behavior Change in Primary Care: Improving Patient ...**

Robinson, Gould, and Strosahl's Real Behavior Change in Primary Care adds ACT to the growing list of techniques that are available to help the primary care provider convince patients to change their behaviors for the better.

#### **Compendium of Resources for Integrated Primary Care Providers**

Compendium of Resources for Integrated Primary Care Providers Below is an annotated list of resources that may prove beneficial to behavioral health providers working in integrated care settings.

**It's a Matter of FACT: Utilizing contextualism in the ...** Primary Care Behavioral Health model Robinson & Reiter, 2016 Born out of Kirk and Patti's work in primary care. People can have radical change in one to two visits.