

Appendix D

TRAINING TEMPLATE/GUIDE
FOR NEW BEHAVIORAL HEALTH
TRAINEES IN PRIMARY CARE

Sample Primary Care Behavioral Health Reading Schedule (during first 8 weeks of rotation)*

Week	Reading/exercise
Week 1-Week 2	• “The Primary Care Behavioral Health (PCBH) Model: An Overview and Operational Definition” (2018) • American Psychological Association article on primary care psychology competencies (2014) • Video 1: https://www.youtube.com/watch?v=wssCa1-NVZ8&feature=youtu.be • Video 2: https://www.youtube.com/watch?v=Fj8FneW9K1o • Video 3: https://www.youtube.com/watch?v=JnYWfIV9WdY&t=148s • Web-based scavenger hunt of community resources
Week 3-Week 4	• Chapter 3: “Common Behavioral and Cognitive Interventions in Primary Care: Moving Out of the Specialty Mental Health Clinic–Integrated Behavioral Health in Primary Care” (2024) • Review of PCBH competency tools • Review of figures (components of a behavioral health consultant visit) • Video 1: https://www.youtube.com/watch?v=NRZ7WLSj25w&t=58s • Video 2: https://www.youtube.com/watch?v=JKFWsb8RtW0&t=47s • Web-based scavenger hunt of community resources

(continues)

Week	Reading/exercise
Week 5-Week 6	• Chapter 7: Theory and Action: "Behavioral Consultation and Primary Care" (2015) • Basics of Primary Care: Chapters 1-3 (2020) • Video 1: https://www.youtube.com/watch?v=tqIO3QRIXJE&feature=youtu.be • Video 2: https://www.youtube.com/watch?v=aXxSOIS76rc • Obesity Bias E-Module: https://www.unmc.edu/elearning/egallery/obesity-bias/ • Web-based scavenger hunt of community resources
Week 7-Week 8	• Basics of Primary Care: Chapters 4-5 (2020) • Video 1: https://www.youtube.com/watch?v=U01k4oeVXvU&feature=youtu.be • Video 2: https://www.youtube.com/watch?v=9GhgOG4buul • Web-based scavenger hunt of community resources

*Additional readings will be added throughout the training period.

Patient Education Handouts

- *Integrated Behavioral Health in Primary Care: Step-by-Step Guidance for Assessment and Intervention, Third Edition* (supplemental site; sign-up is free): <https://www.apa.org/pubs/books/integrated-behavioral-health-primary-care-third-edition?tab=5>
- Patient education handouts: <https://champsonline.org/resources/clinical-resources/patient-education-tools/patient-education-handouts>
- Chronic pain manual (low literacy patients): <https://drbeverlythorn.com/pain-workbooks/>
- Therapist Aid (patient education and CBT worksheets): <https://www.therapistaid.com/>
- VA MOVE! Weight Management Program: <https://www.move.va.gov/vetworkbook.asp>