

Brief Interventions

Problem Solving Therapy (PST)

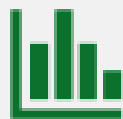
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Goals of Brief Interventions



Specific



Measurable



Achievable in
6-10 weeks



If not return to
team



Realistic



Time limited



Problem Solving Process



3 Assessment Questions:

1. trigger?
2. Response
3. What made it worse?

Warm
Hand-Off

Assessment
teach,
practice,
homework

Assessment
teach,
practice,
homework

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teach,
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Assessment
teach,
practice,
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Assessment
teach,
practice,
homework

Relapse
Prevention
toolbox

Building Therapeutic Alliance

What is Problem-Solving Therapy (PST)

- Problem-solving therapy (PST) is based on a model that the body, mind, and environment all interact with each other and that life stress can interact with a person's predisposition for developing a mental condition.



The two main components of problem-solving therapy include:

- **Problem-solving *orientation*:** This focuses on helping individuals adopt an optimistic outlook and see problems as opportunities to learn from, allowing them to believe they can solve problems.
- **Problem-solving *style*:** This component aims to provide people with constructive problem-solving tools to deal with different life stressors by identifying the problem generating/brainstorming solution ideas, choosing a specific option, and implementing and reviewing it



Problem Solving Techniques



WHAT
DOES
IT
MEAN?

PST is:

- as an evidence based therapeutic approach, in which the care manager helps the patient to become empowered to learn to solve problems for themselves



PST can:

- provide training in adaptive problem-solving skills as a means of better resolving and/or coping with stressful problems



PST aims:

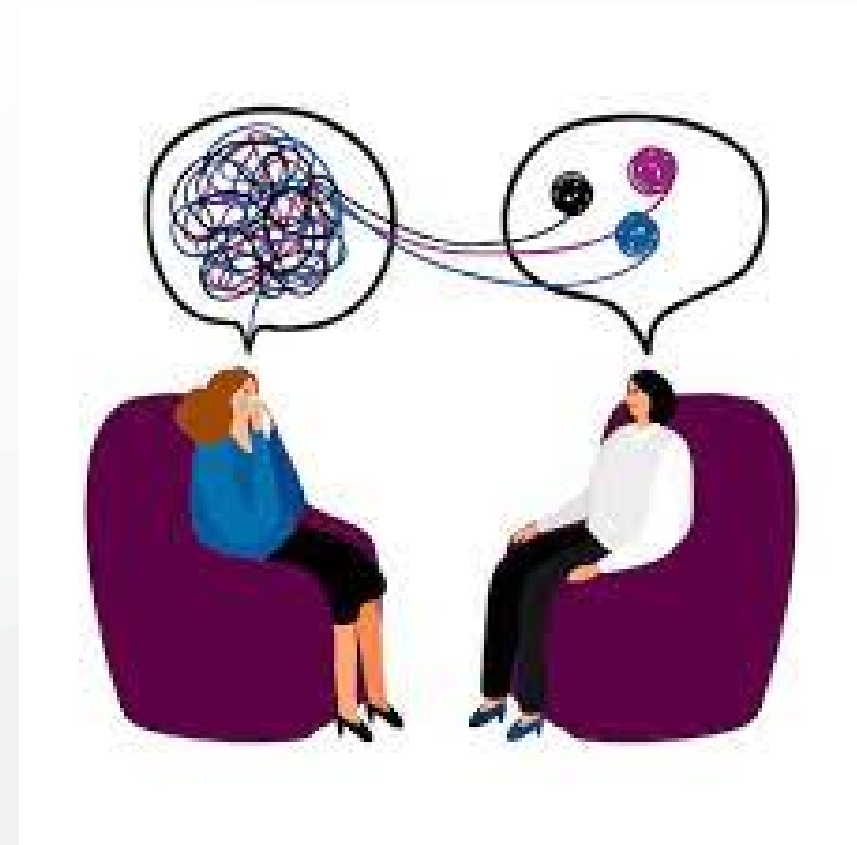
- to help individuals adopt a realistic view of coping, understand the role of emotions, learn to identify barriers, and creatively develop an action plan



PST Can Also:

Such skills include:

- Making effective decisions.
- Generating creative means of dealing with problems.
- Accurately identifying barriers to reaching one's goals



How Does it Help?

When we can't effectively solve stressful problems, this can lead to emotional or behavioral difficulties

Focused on a current situation; solve current issues and set future goals that will support well-being

Well-suited for primary care and can be done by phone

Helps patients gain a sense of mastery and learn skills that can be used again in the future

Can help prevent relapse



The goals



- ✓ To identify which types of stressors tend to trigger emotions, such as sadness, tension, and anger.
- ✓ Better understand and manage negative emotions.
- ✓ Become more hopeful about your abilities to deal with difficult problems in life.



The goals



- ✓ Be more accepting of problems that are unsolvable.
- ✓ Be less avoidant when problems occur.
 - ✓ learn to focus on the problems that have a solution and let go of the ones that don't
- ✓ Identify barriers that may hinder your progress
- ✓ Be able to plan better in a more systematic way as they attempt to resolve stressful problems.
- ✓ Be less impulsive about wanting a "quick fix" solution.



Other Benefits

- Gain a sense of control over your life
- Move toward action-oriented behaviors instead of avoiding your problems
- Gain self-confidence as you improve the ability to make better decisions
- Develop patience by learning that successful problem-solving is a process that requires time and effort
- Feel a sense of empowerment as you solve your problems independently



Behavioral Brief Interventions

- The foundation is patient engagement, patient Driven and patient centered
- Brief: 20-30 minutes
- Follows a structure that can be followed by a caremanger
- Works for all patients and diverse populations
- Significant research evidence base



Problem-solving therapy has been found to be effective for a wide range of problems, including:



- Major depressive disorder
- Generalized anxiety disorder
- Emotional distress
- Suicidal ideation
- Receiving a new diagnosis
- Relationship difficulties
- Certain personality disorders
- Poor quality of life and emotional distress related to medical illness, such as cancer or diabetes



Challenging Events vs Daily Stressors

Major challenging events

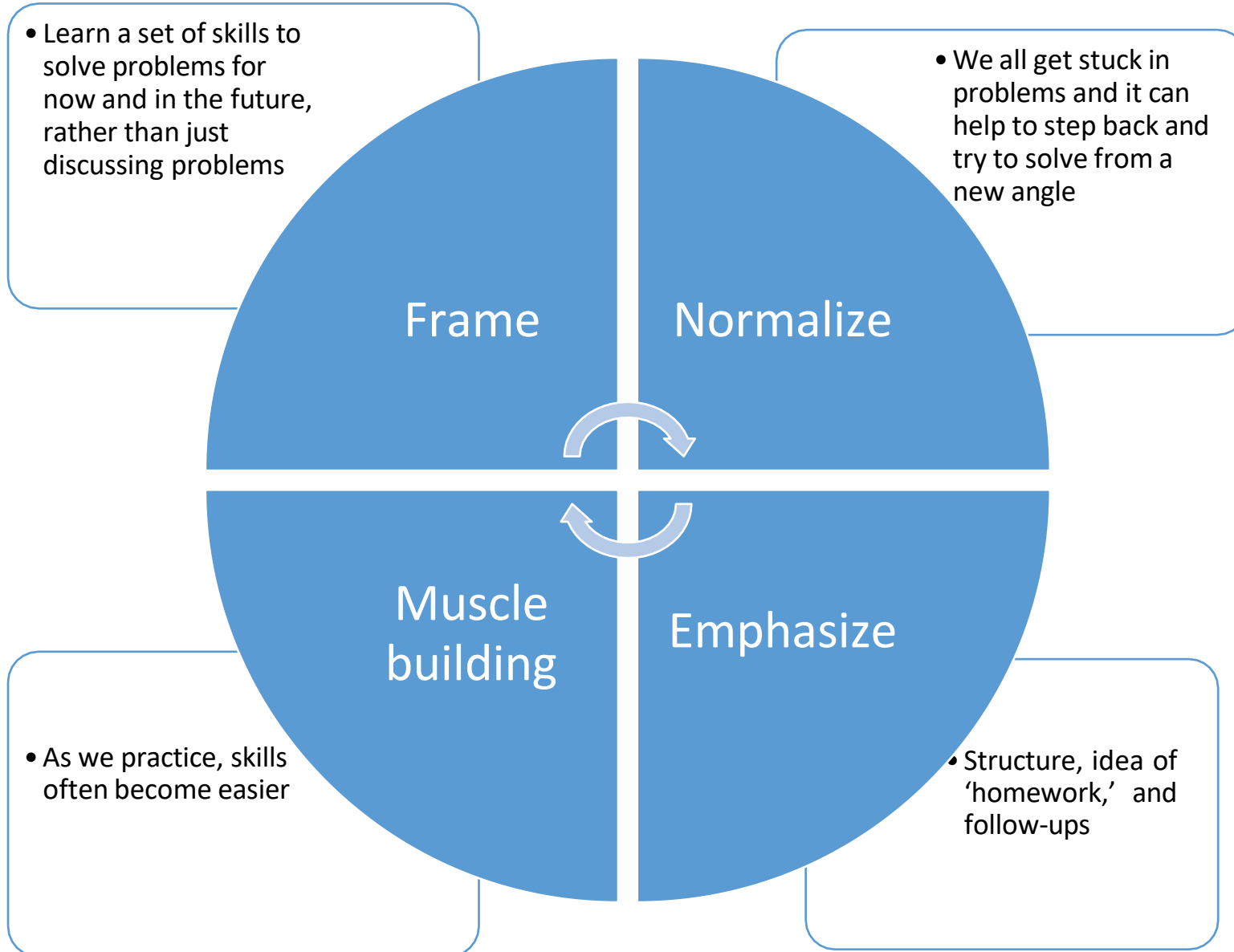
- Coping with a new diagnosis
- Job loss
- Figuring out housing
- A conflict with a friend
- Divorce
- Legal issue

Recurrent daily stressors

- Financial problems
- Managing a chronic illness
- Limited social support
- Ongoing arguments with a family member
- COVID



Educating Patient's About PST



Care Manager Tip:
Ask permission and emphasize autonomy

3 Assessment Questions:

1. trigger?
2. Response
3. What made it worse?



Warm Hand-Off

Assessment teach, practice, homework

Assessment teach, practice, homework

Assessment teach, practice, homework

Assessment teach, practice, homework

Assessment teach, practice, homework

Assessment teach, practice, homework

Relapse Prevention toolbox

7 Steps of Problem Solving

Step 1: Identify, Clarify, and define the problem

Step 2: Set Realistic achievable goals within your control

Step 3: Brainstorm Solutions

Step 4: Compare Solutions by evaluating pros and cons

Step 5: Choose the Preferred Solution

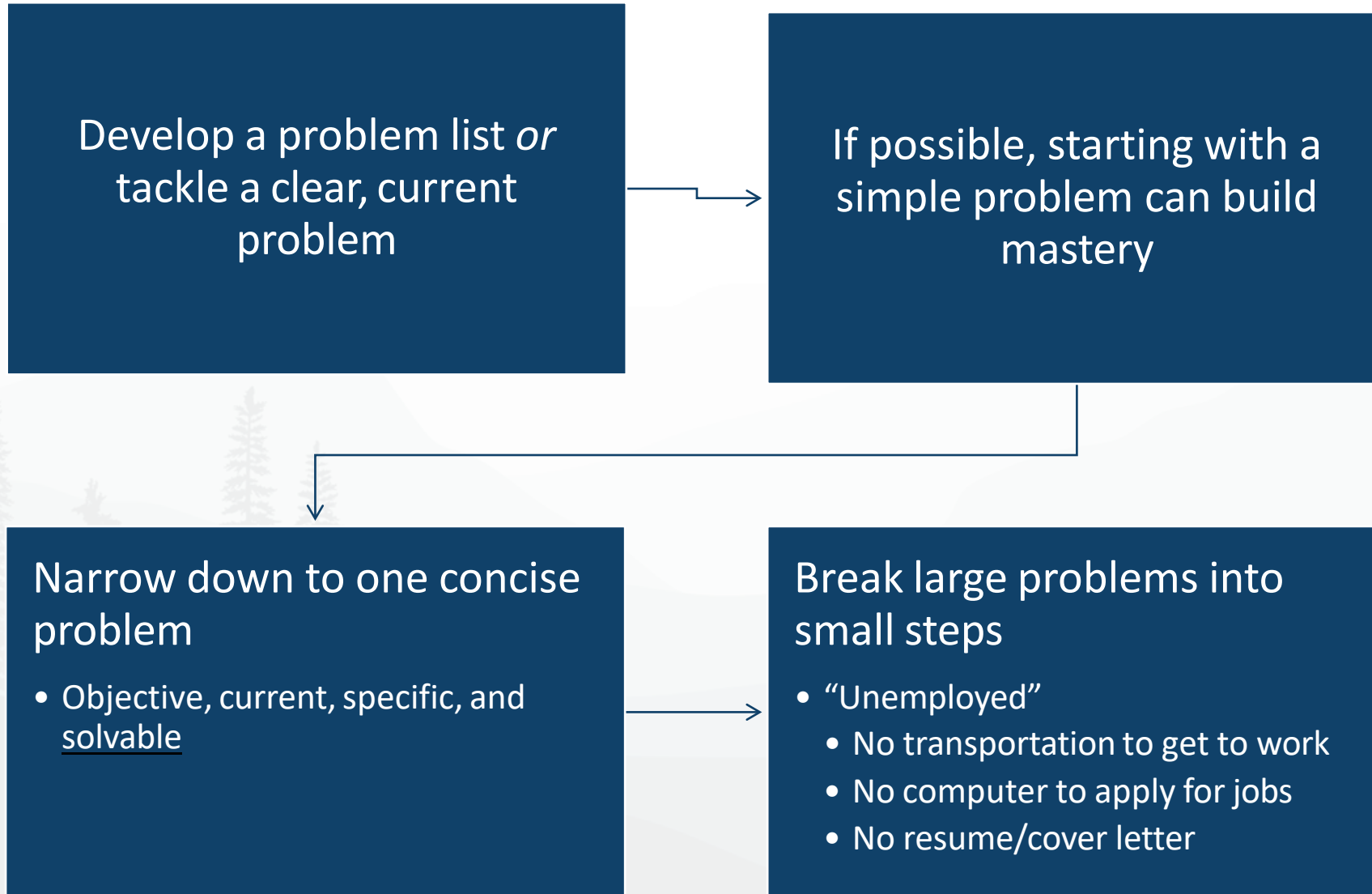
Step 6: Make an Action Plan to Implement a Solution

Step 7: Monitor and Evaluate the Outcome

15 mins



Process of PST



Help the patient to set aside emotions and see as a “problematic behavior”, not a “flawed person”

Feelings ARE NOT Facts



Step 1: Clarify the problem

Unclear Problem

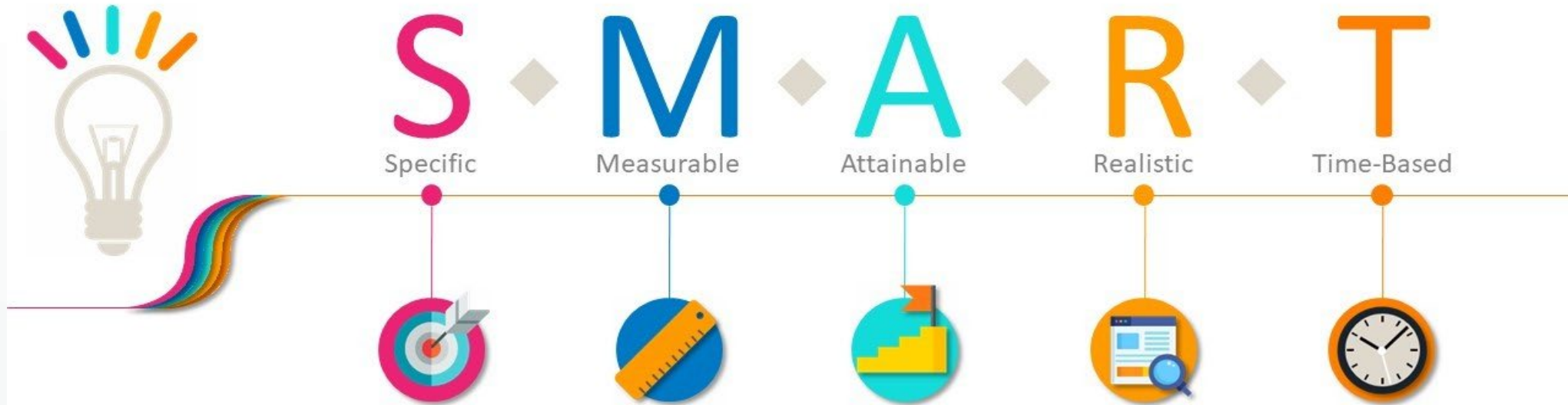
- “My life is terrible”
- “I can’t do anything right”
- “I am unhappy”

Clear Problem

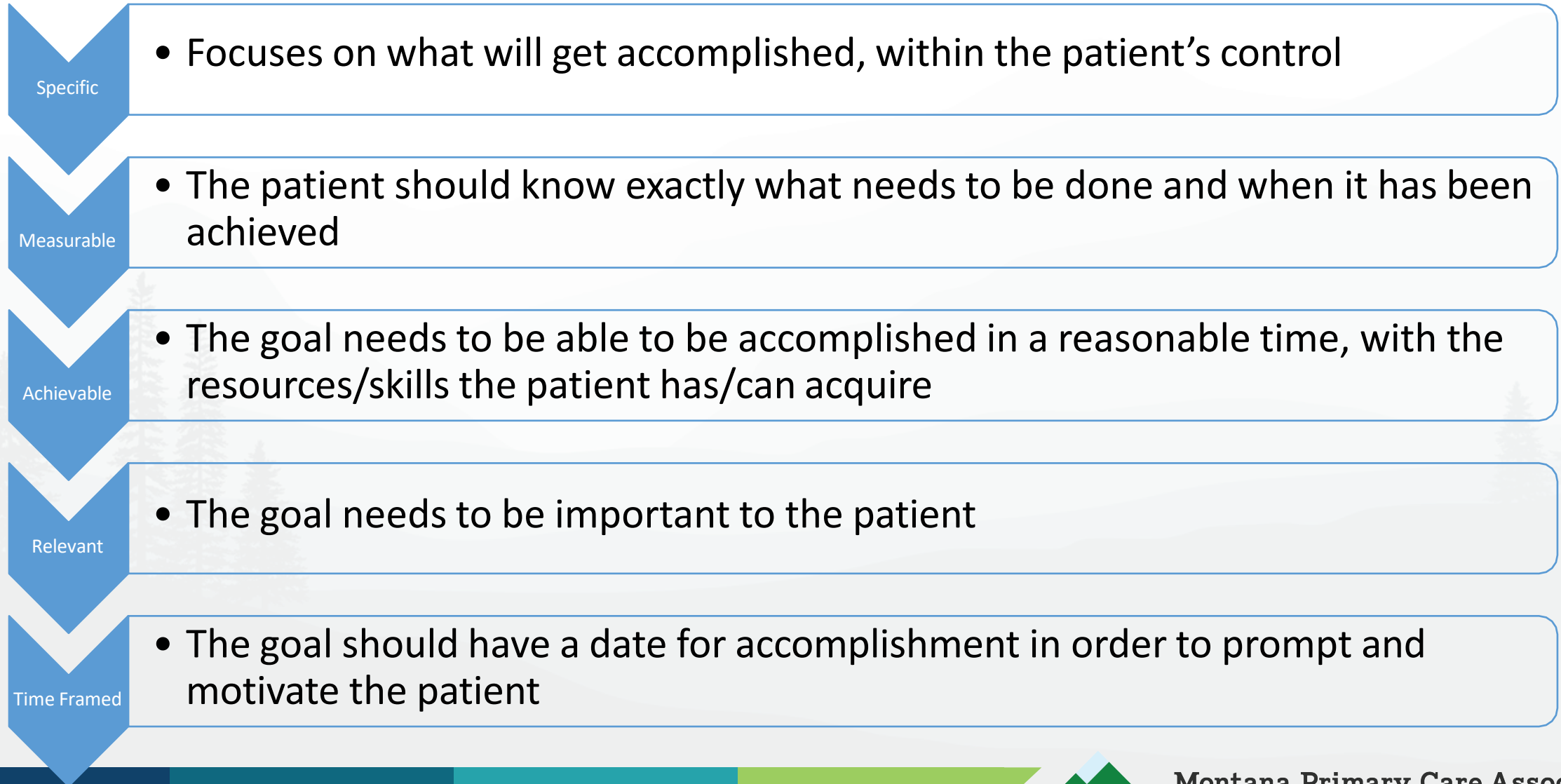
- “I don’t have a job”
- “I don’t know how to share my feelings with my spouse”
- “I don’t have fun activities that I participate in”



Step 2: Set a realistic, achievable goal “SMART” GOALS



SMART GOALS: Goal directly follows problem statement



Step 3: Brainstorming

- As many as possible – don't decide... **yet!**
- The more solutions, the greater chance of solving the problem
- Solutions **should** come from the patient – they're the expert
 - Can be difficult for patients with depression
- Prompts:
 - *What might other people do?*
- Have fun with this – feel free to really think outside the box No suggestion is a bad suggestion ... IT can be ridiculous. Just brainstorm
- IF YOUR PATIENT CANNOT BRAINSTORM:

Go back to step one. Is the problem clearly clarified and broke down???



Remember: The first idea is not always the best idea



Step 4: Compare Solutions by evaluating the Pros and Cons

- Don't rush, this is what develops critical thinking skills, such as weighing evidence and drawing appropriate conclusions
- Consider:
 - Advantages and disadvantages
 - Feasibility and obstacles
 - Benefits and challenges
 - Whether the solution meets long- and short-term goals
 - Pros and cons for both self and others



Pros and cons come from the patient, unless:

Patient overlooks extreme negative consequences



Step 5: Choose the preferred solution

- Examine *all* solutions by evaluating pros and cons: Remember, not all are of equal weight
- Weak solutions: Weed out or discuss how to strengthen
- Select a solution:
 - Using decisional balance
 - That best satisfies the goal
 - That has the greatest likelihood of being successfully implemented and completed

Remember

The easiest solution is not always the most useful

Step 6: Make an action plan to implement the solution

- Identify simple, relevant, achievable, specific tasks
- List out the steps for the action plan
- Consider obstacles
 - May require more simple sub-steps or revisiting solutions
- Inquire about commitment to completing homework
 - Importance and confidence ruler
 - “How confident are you on a scale of 1-10? Why a 4 and not a 7?”
 - “What would have to happen to increase your confidence?”



Confidence Ruler



measures how willing a person is to take an action



measures how confident a person is in his / her ability to perform or take the action



measures how ready the person is to take the action



The image features a soft-focus background of blue orchids. Overlaid on this is a bokeh effect of numerous semi-transparent blue hearts of varying sizes, creating a dreamy and affectionate atmosphere. The text 'Thank you' is written in a white, elegant cursive font, centered across the middle of the image.

Thank you