

# Bridging the Gap: Psychological Approaches to Chronic Disease Care

Chronic disease affects far more than just the body—it takes a toll on one’s mental health, emotional well-being, and daily functioning. As a mental health professional, you play a crucial role in helping patients navigate these challenges, yet traditional medical care often overlooks psychological and behavioral factors. This training equips you with the skills to recognize and address the emotional, psychological, behavioral, and even some of the physical barriers that impact chronic disease management. Learn to utilize a comprehensive biopsychosocial assessment, integrating physical, emotional, social, and environmental factors to develop more effective, patient-centered care plans.

Through this interactive session, you’ll discover at least three evidence-based interventions that improve coping, adherence, and quality of life. Gain practical tools to motivate patients in following prescribed treatment regimens and make sustainable lifestyle changes. Plus, familiarize yourself with the SBAR method for effective interdisciplinary communication, ensuring seamless collaboration between mental health and medical providers. Don’t miss this opportunity to expand your expertise and improve patient outcomes!

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the psychological, emotional, and behavioral challenges associated with chronic disease
2. Describe comprehensive biopsychosocial assessments that integrate physical, emotional, social, and environmental dimensions of chronic disease
3. Identify at least three evidence-based interventions for managing chronic disease and its associated challenges
4. Utilize skills to support patients in adhering to prescribed treatment regimens,
5. Apply the SBAR method for effective communication with interdisciplinary healthcare professionals

## Seminar Schedule

Typically begins at 10AM and ends at 5PM Eastern time. There are two 15 minute break and a half hour lunch break. However, check the webinar schedule.

## Outline

Begins 10am  
Chronic Disease  
Mental Health Comorbidities and Interplay  
Health Behaviors, Mental Health and Mortality  
Role of Mental Health Professionals

Biopsychosocial Assessment  
Structured Interviews  
Validated Assessment Tools  
Cultural Humility and Assessments  
Challenges and Solutions

12:00pm Break (15 minutes)

Psychological Interventions  
Challenges Associated with Chronic Disease  
Evidence-Based Protocols

1:15pm Lunch (30 minutes)  
Evidence-Based Interventions and Techniques

Adherence and Self-Management  
Barriers to Adherence  
Motivational Interviewing  
Evidence-Informed Interventions for Nonadherence

3:15pm Break (15 minutes)

Interdisciplinary Collaboration  
SBAR Framework  
Ethical and Professional Challenges  
Four Box Model  
Wrap up  
5pm (End of training)

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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## The Presenter

Rachel Allen, Psy.D., is a licensed psychologist and an Education and Implementation Specialist with the VA's Center for Integrated Healthcare, supporting the implementation of mental and behavioral health into specialty medicine settings. Dr. Allen earned her Psy.D. in clinical psychology from the Philadelphia College of Osteopathic Medicine in 2019. She spent her training and early career years working in integrated medical settings as a health psychologist. She specializes in the intersection of mental and physical health, helping patients navigate the psychological and behavioral challenges associated with chronic illness and lifestyle changes.

Contact Dr. Allen directly at [rachelallenconsulting@gmail.com](mailto:rachelallenconsulting@gmail.com) if you would like to consult with her.

## General Information

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025. To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

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tzkseminars, LLC  
2110 South Eagle Road  
P.O. Box 310  
Newtown, Pa. 18940

