

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

The webinar outline is attached. See the Live Webinar page for the start and end times.

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.

SOCIAL WORKERS: tzkseminars, llc, Provider Number 1242, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 3/28/25 to 3/28/28. Social workers completing this course receive 6 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tzkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY0003.

tzkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

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 if you would like to consult with her.

General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients. Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration. If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



tzkseminars, LLC
168 West Lake Drive
Annapolis, Md. 21403