# Contents

## Part I  Background

1. **Introduction** ............................................................... 3  
   Rodger Kessler and Dale Stafford  

2. **Primary Care Is the De Facto Mental Health System** ............ 9  
   Rodger Kessler and Dale Stafford  

## Part II  Organizing Collaborative Care in Medical Settings

3. **Planning Care in the Clinical, Operational, and Financial Worlds** ......................................................... 25  
   C.J. Peek  

4. **How I Learned About Integrated Care by Failing Miserably: The Deadly Sins of Integration** ........................................ 39  
   Rodger Kessler  

5. **Tailoring Collaborative Care to Fit the Need: Two Contrasting Case Studies** .................................................. 51  
   Nicholas A. Cummings and William T. O’Donohue  

6. **Managing Chronic Pain Through Collaborative Care: Two Patients, Two Programs, Two Dramatically Different Outcomes** ........................................ 59  
   Barbara B. Walker, Peter A. Brawer, Andrea C. Solomon, and Steven J. Seay  

7. **Integrating Mental Health Services into Primary Care: The Hamilton FHT Mental Health Program** .................... 71  
   Nick Kates
Part III  Primary Care Life

8  The Primary Care Behavioral Health Model: Applications to Prevention, Acute Care and Chronic Condition Management ................................................................. 85
Kirk Strosahl and Patricia Robinson

9  A Collaborative Approach to Somatization ........................................... 97
Alexander Blount and Ronald Adler

10 Improved Health Status and Decreased Utilization of an Anxious Phobic Man ................................................................. 105
Rodger Kessler and Dale Stafford

11 The Train Wreck: Assessment and Management of a Complex Medical Patient .......................................................... 115
Christopher L. Hunter, Jeffrey L. Goodie, and Pamela M. Williams

12 Collaborative Medical and Behavioral Health Treatment of Patients with Migraine Headache ........................................... 127
Beverly E. Thorn, Gary R. Kilgo, Laura Pence, and Mary Kilgo

13 Collaborative Care for an Immigrant Couple ................................... 143
Jo Ellen Patterson, Todd M. Edwards, Gene A. Kallenberg, and Sol D’Urso

14 Assessment and Management of Somatoform and Conversion Symptoms .......................................................... 153
Mark S. Warner, M. Lucy Freeman, and Lonn Guidry

Part IV  Women’s Health

15 Chronic Pelvic Pain: A Case for an Interdisciplinary Evaluation and Treatment Approach ........................................... 169
Allen H. Lebovits and Kenneth A. Levey

16 Biobehavioral Management of Hot Flashes in a 48-Year-Old Breast Cancer Survivor ........................................... 177
Gary R. Elkins, Christopher Ruud, and Michelle Perfect

17 Preserving a Life and a Career: How a Partnership Between Medicine and Psychology Saved a Physician with Anorexia Nervosa ........................................... 187
Barbara Cubic and Daniel Bluestein
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Authors</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>Collaborative Care to Heal Gender Relations Across Generations: A Couple of Trainees Watch a Couple of Experts Treat a Couple of Couples</td>
<td>Tziporah Rosenberg, Daniel Mullin, Susan H. McDaniel, and Kevin Fiscella</td>
<td>203</td>
</tr>
<tr>
<td></td>
<td><strong>Part V</strong> Specialty Mental Health Care to Medical Patients</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>The Complex Orofacial Pain Patient: A Case for Collaboration Between the Orofacial Pain Dentist and the Clinical Health Psychologist</td>
<td>John L. Reeves II and Robert L. Merrill</td>
<td>217</td>
</tr>
<tr>
<td>20</td>
<td>Integrated Care in a Cardiac Rehabilitation Program: Benefits and Challenges</td>
<td>Charlotte A. Collins, Barbara B. Walker, Jeff R. Temple, and Peter Tilkemeier</td>
<td>255</td>
</tr>
<tr>
<td>21</td>
<td>Collaborative Treatment in Behavioral Medicine: Treatment of a Young Single Mother with Psoriasis and Generalized Anxiety Disorder</td>
<td>Anthony R. Quintiliani</td>
<td>267</td>
</tr>
<tr>
<td>22</td>
<td>Hypnotic Amplification–Attenuation Technique for Tinnitus Management</td>
<td>Arreed Barabasz and Marianne Barabasz</td>
<td>275</td>
</tr>
<tr>
<td></td>
<td><strong>Part VI</strong> Chronic Medical Illness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>An Integrative Approach to Treating Obesity and Comorbid Medical Disorders</td>
<td>Roderick Bacho, John Myhre, and Larry C. James</td>
<td>287</td>
</tr>
<tr>
<td>24</td>
<td>A Case of Medically Unexplained Chronic Cough</td>
<td>Jean Grenier and Marie-Hélène Chomienne</td>
<td>299</td>
</tr>
<tr>
<td>25</td>
<td>Walking the Tightrope Without a Net: Integrated Care for the Patient with Diabetes, Cardiovascular Disease, and Bipolar Disorder...and No Insurance</td>
<td>Parinda Khatri, Gregg Perry, and Febe Wallace</td>
<td>309</td>
</tr>
<tr>
<td>26</td>
<td>Healing Through Relationships: The Impact of Collaborative Care on a Patient with Spina Bifida</td>
<td>Sarah Prinsloo, Jose Bayona, and Thelma Jean Goodrich</td>
<td>319</td>
</tr>
</tbody>
</table>
Part VII  Psychiatric and Comorbid Disorders in Primary Care

27  Overcoming Depression in a Strange Land: A Hmong Woman’s Journey in the World of Western Medicine .............................. 327
Tai J. Mendenhall, Mary T. Kelleher, Macaran A. Baird, and William J. Doherty

28  Seven Years in a Young Man’s Life: Collaborative Care in Rural Vermont ................................................................. 341
John Matthew, William Fink, and Lauri Snetsinger

29  Bringing the Family into Focus: Collaborative Inpatient Psychiatric Care .................................................................................. 351
Jennifer Hodgson, Charles Shuman, Ryan Anderson, Amy Blanchard, Patrick Meadors, and Janie Sowers

Part VIII  Pain

30  Complexity and Collaboration ............................................................................................................................... 367
William B. Gunn Jr. and Dominic Geffken

31  A Bad Situation Made Worse ......................................................................................................................... 375
Daniel Bruns and Thomas J. Lynch

32  Innovations in the Treatment of Comorbid Persistent Pain and Posttraumatic Stress Disorder .................................................. 387
John J. Sellinger and Robert D. Kerns

33  What Goes Up Must Come Down: The Complexity of Managing Chronic Pain and Bipolar Disorder ....................... 399
Christine N. Runyan, Scott A. Schinaman, and William T. O’Donohue

34  Pediatric Burns: They Are Not Always What They Appear .......... 409
Barry Nierenberg

35  A Man with Chronic Back Pain and Panic Attacks: A Collaborative Multisystem Intervention ............................................. 415
Jose Bayona
Part IX  Conclusion

36  Summary ........................................................................................................ 423
    Dale Stafford and Rodger Kessler

Index.................................................................................................................. 431
Collaborative Medicine Case Studies
Evidence in Practice
Kessler, R.; Stafford, D. (Eds.)
2008, XX, 440 p., Hardcover