# THE BENEFITS OF WORKING WITH A PSYCHOLOGIST

Psychologists diagnose and treat a range of patient mental and behavioral health presentations, which often co-occur with physical health conditions (e.g. chronic illness, trauma recovery, surgery preparation, etc.)

Collaborating with a psychologist is advantageous in medical settings where they help provide differential diagnosis, identify or rule out side effects of medications, and determine behavioral/emotional consequences of medical illness.

## Key Element

<table>
<thead>
<tr>
<th>Nature of Integration</th>
<th>Facilities</th>
<th>Communication</th>
<th>Response Time</th>
<th>Example</th>
<th>Access to Psychologist’s Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimal</td>
<td>Separate</td>
<td>Rare</td>
<td>Weeks-months</td>
<td>External referral of patient to community psychologist for ADHD evaluation</td>
<td>Will not be able to view notes</td>
</tr>
<tr>
<td>Limited</td>
<td>Separate</td>
<td>On occasion; typically in unusual or extreme situations</td>
<td>Weeks-months</td>
<td>External referral of patient to community psychologist for treatment of PTSD</td>
<td>Will not be able to view notes</td>
</tr>
<tr>
<td>Same site</td>
<td>Some facility but not necessarily same offices</td>
<td>Same space but not necessarily the same facility</td>
<td>Days-weeks</td>
<td>Internal referral of patient to sleep clinic in same institution for CBT</td>
<td>May or may not be able to view notes</td>
</tr>
<tr>
<td>Close collaboration</td>
<td>Same space; some shared work areas</td>
<td>Common; typically in-person in addition to shared records</td>
<td>Minutes-days</td>
<td>Internal referral of patient to be treated by psychologist in your clinic within a few weeks for panic attacks</td>
<td>Can view notes/receive verbal feedback</td>
</tr>
<tr>
<td>Fully merged; transformed integrated practice</td>
<td>Same space; all facilities shared</td>
<td>Consistently at provider, team, and system levels</td>
<td>Minutes</td>
<td>Immediate handoff of patient to psychologist sharing your workspace who sees patient during your office visit</td>
<td>Can view notes/receive verbal feedback</td>
</tr>
</tbody>
</table>

## Assumptions

- Traditional psychiatric complaints (e.g. anxiety & mood disorders, grief, stress, anger, adjustment difficulty)
- Parenting & behavioral problems in kids

### Assessment

- ADHD screening/evaluation
- Other neurodevelopmental screening/evaluation
- Neurocognitive screening/evaluation
- Couple/Relational problems
- Suicidal/Homicidal ideation assessment

### Behavioral Health

- Alcohol/Substance misuse/abuse
- Smoking cessation
- Insomnia/Sleep disturbance
- Hypertension
- Tension or migraine headache
- Diabetes management
- Fatigue without medical etiology

- Hyperlipidemia
- Obesity
- Back pain or other chronic pain
- IBS and other inflammatory diseases
- Making/Maintaining lifestyle changes
- Improving treatment adherence

### Examples of potential referral scenarios for a psychologist or conditions in which psychosocial and lifestyle interventions may be of assistance:

- Examples of conditions in which psychosocial and lifestyle interventions may be of assistance:
  - ADHD screening/evaluation
  - Other neurodevelopmental screening/evaluation
  - Neurocognitive screening/evaluation
  - Couple/Relational problems
  - Suicidal/Homicidal ideation assessment

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**Pennsylvania Psychological Association (PPA) website:** [www.papsy.org](http://www.papsy.org)

**SAMSHA:** [www.integration.samsha.gov/integrated-care-models](http://www.integration.samsha.gov/integrated-care-models)
