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.

[1]

Key Element	Siloed Communication		Colocated Physical Proximity		Integrated Practice Change	
Level	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Nature of Integration	Minimal	Limited	Same site	Same site; Some shared systems	Close collaboration approaching integrated practice	Fully merged; transformed integrated practice
Facilities	Separate	Separate	Same facility but not necessarily same offices	Same space within facility	Same space; some shared work areas	Same space; all facilities shared
Communication	Rare	On occasion; typically in unusual or extreme situations	Some; primarily about complex shared patients	Regular updates; in-person; some coordination of care	Common; typically in-person in addition to shared records	Consistently at provider, team, and system levels
Response Time	Weeks-months	Weeks-months	Weeks-months	Days-weeks	Minutes-days	Minutes
Example	External referral of patient to community psychologist for ADHD evaluation	External referral of patient to community psychologist for treatment of PTSD	Internal referral of patient to sleep clinic in same institution for CBTi	Internal referral of patient to colleague internal to PCP's department, may not be the same clinic, for smoking cessation	Internal referral of patient to be treated by psychologist in your clinic within a few weeks for panic attacks	Immediate handoff of patient to psychologist sharing your workspace who sees patient during your office visit
Access to Psychologist's Notes	Will not be able to view notes	Will not be able to view notes	May or may not be able to view notes	May or may not be able to view notes	Can view notes/receive verbal feedback	Can view notes/receive verbal feedback

INDIVIDUALS/COUPLES/FAMILIES
- 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:

PENNSYLVANIA PSYCHOLOGICAL ASSOCIATION