

CURRICULUM - Behavioral Health Fellowship in Family Medicine

- I. Book Readings**
- II. Didactic Modules**
- III. Research**

I. BOOK READINGS

References:

- 1) Lippincott's Primary Care Psychiatry, McCarron, Xiong, and Bourgeois Editors
- 2) 20 Common Behavioral Problems in Behavioral Health, Frank Degru
- 3) Essentials of Clinical Psychopharmacology, 2nd Edition, Alan F. Schatzberg, Charles B. Nemeroff, American Psychiatric Publishing, 2006
- 4) Rating Scales in Mental Health, 2ND Edition, Martha Sajatovic, Luis Ramirez, Lexi-Comp, 2003
- 5) Massachusetts General Hospital Comprehensive Clinical Psychiatry, 2nd Edition, Stern, Fava, Wilens, and Rosenbaum, eds., 2016
- 6) Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition
- 7) DSM-5-TR, American Psychiatric Association, May 18, 2013

Readings/Materials that Fellow will review with Dr. Giggie in supervision over the course of the year:

- 1) Integrated Care: Working at the Interface of Primary Care and Behavioral Health, Edited by Lori E. Raney, MD, American Psychiatric Publishing, 2015 (get updated edition with orange cover)
- 2) The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma, Bessel Van Der Kolk, MD, Viking Press, 2014

Rating Scales:

PCP Testing:

- PHQ-9
- Mood Disorder Questionnaire
- SLUMS
- MOCA
- GAD-7
- BASC
- Vanderbilt ADHD
- ASRS-1
- CAGE
- ACES Score

Recommended Readings:

Beck, Judith S.. Cognitive Behavior Therapy, Second Edition: Basics and Beyond

Robert D. Friedberg PhD; Jessica M. McClure. [Clinical Practice of Cognitive Therapy with Children and Adolescents](#): The Nuts and Bolts (p. I).

Rollnick, Stephen; Miller, William R.; Butler, Christopher C.. Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing). Guilford Publications.

Sadock, Benjamin J.; Sadock, Virginia A.; Ruiz, Pedro. Kaplan and Sadock's Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry

Stephen M. Stahl. "[Stahl's Essential Psychopharmacology](#)."

Stuart, Marian R; Lieberman, Joseph A. The Fifteen Minute Hour: Therapeutic Talk in Primary Care (Kindle Locations 120-121). Radcliffe Publishing Ltd.

II. DIDACTIC MODULES

Box folder of readings: <https://alabama.box.com/s/msux4j4aw26qs4kihjnncnbm9hxp9gri>

Session 1: Principles of Psychiatric Evaluation and Assessment:

- [Massachusetts General Hospital Comprehensive Clinical Psychiatry](#), Stern, Fava, Wilens, and Rosenbaum, editors, [Ch. 1](#) & [Ch. 2](#)
- [The American Psychiatric Publishing Textbook Of Psychiatry](#), 6th Edition, Hales, Yudofsky, & Roberts, Ch. 2
- [Introductory Textbook of Psychiatry](#), 6th Edition, Andreason & Black, Ch. 2, pp. 17-56

Session 2: Suicide and Violence Risk Assessment

- [Understanding Suicide Across the Lifespan: A United States Perspective of Suicide Risk Factors, Assessment & Management](#), Steele IH, Thrower N, Noroian P, Saleh FM, *Journal of Forensic Sciences*. 2018;63(1):162-171. doi:10.1111/1556-4029.13519
- "[Suicide Risk Assessment: What is the Standard of Care?](#)", Robert I. Simon, MD, *The Journal of the American Academy of Psychiatry and the Law*, 30:340-4, 2002 (Editorial)
- [APA Practice Guidelines for the Psychiatric Evaluation of Adults, 3e, Guideline III. Assessment of Suicide Risk](#), 2015
- [Principles and Practice of Forensic Psychiatry](#), Edited by Richard Rosner, MD, Arnold Press, 2003, [Ch. 58: Violence: causes and non-psychopharmacological treatment, pp. 572-578](#)
- [Psychiatry, 4th Edition](#), Allan Tasman, Jerald Kay, Jeffrey A. Lieberman, Michael First, and Michelle Riba, [Ch. 125](#) & [Ch. 126](#), pp. 2492-2520

Session 3: Basic Psychopharmacology, Metabolic Syndrome, and the Use of Antipsychotics

References: Please refer to Nemeroff Textbook and Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 10th Edition

a) **Introduction to Psychopharmacology: Ethnic and Cultural Perspectives**

[Psychiatry](#), 4th Edition, Allan Tasman, Jerald Kay, Jeffrey Lieberman, Michael First, & Michelle Riba, [Ch. 102](#)

b) **Antidepressants**

[Psychiatry](#), 4th Edition, Allan Tasman, Jerald Kay, Jeffrey Lieberman, Michael First, & Michelle Riba, [Ch. 103](#)

c) **Anxiolytic Drugs**

[Psychiatry](#), 4th Edition, Allan Tasman, Jerald Kay, Jeffrey Lieberman, Michael First, & Michelle Riba, [Ch. 106](#)

d) **Antipsychotics/Metabolic Syndrome**

[Psychiatry](#), 4th Edition, Allan Tasman, Jerald Kay, Jeffrey Lieberman, Michael First, & Michelle Riba, [Ch. 104](#)

[“First do no harm.” A systematic review of the prevalence and management of antipsychotic adverse effects](#), Young SL, Taylor M, Lawrie SM, *J Psychopharmacol (Oxford)*. 2015;29(4):353-362. doi:10.1177/0269881114562090

[Second-Generation Antipsychotics and Metabolic Side Effects: A Systematic Review of Population-Based Studies](#), Hirsch L, Yang J, Bresee L, Jette N, Patten S, Pringsheim T, *Drug Saf*. 2017;40(9):771-781. doi:10.1007/s40264-017-0543-0

[Increased risk of obesity and metabolic dysregulation following 12 months of second-generation antipsychotic treatment in children: a prospective cohort study](#), Ronsley R, Nguyen D, Davidson J, Panagiotopoulos C, *Can J Psych*. 2015;60(10):441–450.

e) **Mood Stabilizers**

[Psychiatry](#), 4th Edition, Allan Tasman, Jerald Kay, Jeffrey Lieberman, Michael First, & Michelle Riba, [Ch. 105](#)

f) **Stimulants**

[Psychiatry](#), 4th Edition, Allan Tasman, Jerald Kay, Jeffrey Lieberman, Michael First, & Michelle Riba, [Ch. 108](#)

g) **Cognitive Enhancers and Treatments for Alzheimer’s Disease**

[Psychiatry](#), 4th Edition, Allan Tasman, Jerald Kay, Jeffrey Lieberman, Michael First, & Michelle Riba, [Ch. 109](#)

Session 4: Psychotherapy in Primary Care: CBT, Brief Psychotherapy, Motivational Interviewing

- [Psychiatry](#), 4th Edition, Allan Tasman, Jerald Kay, Jeffrey Lieberman, Michael First, & Michelle Riba, [Ch. 89](#) & [Ch. 90](#)
- [Brief psychological therapies for anxiety and depression in primary care: meta-analysis and meta-regression](#), Cape J, Whittington C, Buszewicz M, Wallace P, Underwood L, *BMC Medicine*. 2010;8(1):38. doi:10.1186/1741-7015-8-38
- [“Motivational Interviewing as a Counseling Style”](#), Miller and Rollnick, 1999 ch. 3 pp. 1-14

Session 5 a,b: Mood Disorders: Depression & Bipolar Disorder

Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 8

- [Bipolar Disorder](#), Holder SD, *FP Essent.* 2017;455:30-35.
- [The prevalence of bipolar disorder in general primary care samples: a systematic review](#), Cerimele JM, Chwastiak LA, Dodson S, Katon WJ, *Gen Hosp Psychiatry.* 2014;36(1):19-25. doi:10.1016/j.genhosppsych.2013.09.008
- [Screening instruments for depression in primary care: a concise review for clinicians](#), Lakkis NA, Mahmassani DM, *Postgraduate Medicine.* 2015;127(1):99-106. doi:10.1080/00325481.2015.992721
- [Depression: Screening and Diagnosis](#), Maurer DM, Raymond TJ, Davis BN, *Am Fam Physician.* 2018;98(8):508-515.

Session 6: Anxiety Disorders

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 9
- [“Anxiety Disorders in Primary Care: Prevalence, Impairment, Comorbidity, Detection”](#), Kroenke, Kurt et al, *Annals of Internal Medicine*, 3/6/2007, Vol. 146, Issue 5, p317-w77

Session 7 a,b: Substance & Alcohol Use Disorders

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 20
- [Screening and behavioral counseling interventions to reduce unhealthy alcohol use in adolescents and adults: US Preventive Services Task Force recommendation statement](#), US Preventive Services Task Force, Curry SJ, Krist AH, et al, *JAMA.* 2018;320(18):1899-1909. doi:10.1001/jama.2018.16789
- [Improving adherence to long-term opioid therapy guidelines to reduce opioid misuse in primary care: a cluster-randomized clinical trial](#), Liebschutz JM, Xuan Z, Shanahan CW, et al, *JAMA Intern Med.* 2017;177(9):1265-1272. doi:10.1001/jamainternmed.2017.2468
- [Integrating Interdisciplinary Pain Management into Primary Care: Development and Implementation of a Novel Clinical Program](#), Dorflinger LM, Ruser C, Sellinger J, Edens EL, Kerns RD, Becker WC, *Pain Med.* 2014;15(12):2046-2054. doi:10.1111/pme.12554
- [Patient outcomes in dose reduction or discontinuation of long-term opioid therapy: a systematic review](#), Frank JW, Lovejoy TI, Becker WC, et al, *Ann Intern Med.* 2017;167(3):181. doi:10.7326/M17-0598

Session 8 a,b: Geriatric Psychiatry & End-of-Life Care and Palliative Medicine

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 33 & 34
- [The American Psychiatric Association practice guideline on the use of antipsychotics to treat agitation or psychosis in patients with dementia](#), Reus VI, Fochtmann LJ, Eyler AE, et al, *Am J Psych.* 2016;173(5):543-546. doi:10.1176/appi.ajp.2015.173501

- [The elderly safety imperative and antipsychotic usage](#), Chahine LM, Acar D, Chemali Z, *Harvard Review of Psychiatry*. 2010;18(3):158-172. doi:10.3109/10673221003747690
- [“Strategies for Culturally Effective End-of-Life Care,”](#) Crawley, LaVera M., et al, *Annals of Internal Medicine*, 2002;136:673-679
- [Why Palliative Care Is an Essential Function of Primary Health Care](#). World Health Organization; 2018.

Session 9: Delirium

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 21, pp 694-704
- [The Diagnosis of Delirium Superimposed on Dementia: An Emerging Challenge](#), Morandi A, Davis D, Bellelli G, et al, *J Am Med Dir Assoc*. 2017;18(1):12-18. doi:10.1016/j.jamda.2016.07.014

Session 10: Dementia

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 21, pp. 704-741
- [Screening for cognitive impairment in older adults: U.S. Preventive Services Task Force recommendation statement](#), Moyer VA, U.S. Preventive Services Task Force, *Ann Intern Med*. 2014;160(11):791-797. doi:10.7326/M14-0496

Session 11: Human Development Throughout the Life Cycle

- [Massachusetts General Hospital Comprehensive Clinical Psychiatry](#), Stern, Fava, Wilens, & Rosenbaum, 2nd Edition, [Ch. 5](#)
- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 31, pp. 1082-1107
- [Geri Fox Normal Development Video Series](#) (to be reviewed during the year with Dr. Giggie)

Session 12: Psychological Testing

- [The American Psychiatric Publishing Textbook of Psychiatry](#), Hales, Yudofsky, & Weiss, 6th Edition, [Ch. 3](#)
- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 31.2, pp. 1107-1118

Session 13: Mental Retardation & Learning Disorders

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 31, pp. 1118-1205

Session 14: Autistic Spectrum Disorders

- [Textbook of Child and Adolescent Psychiatry](#), Dulcan, 2nd Edition, [Ch. 8](#)

- [Autism spectrum disorder: primary care principles](#), Sanchack KE, Thomas CA, *Am Fam Physician*. 2016;94(12):972-979.
- [Large-scale use of the modified checklist for autism in low-risk toddlers](#). Chlebowski C, Robins DL, Barton ML, Fein D. *Pediatrics*. 2013;131(4):e1121-1127. doi:10.1542/peds.2012-1525

Session 15: ADHD Diagnosis and Management for Children in the Primary Care Setting

- [Textbook of Child and Adolescent Psychiatry](#), Dulcan, 2nd Edition, [Ch. 10](#) & [Ch. 11](#)
- [Clinical Management of ADHD in a Family Medicine Residency Program: Comparison with AAP Guidelines](#), Skelley JW, Carpenter PC, Morehead MS, Murphy PL, *South Med J*. 2016;109(6):331-337. doi:10.14423/SMJ.0000000000000471
- [Attention deficit–hyperactivity disorder in children and adolescents](#), Feldman HM, Reiff MI, *NEJM*. 2014;370(9):838-846. doi:http://dx.doi.org/10.1056/NEJMcp1307215
- [ADHD: Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents](#). *Pediatrics*. 2011;128(5):1007-1022. doi:10.1542/peds.2011-2654
- [Practice Parameter for the Assessment and Treatment of Children and Adolescents with Attention-Deficit/Hyperactivity Disorder](#), Journal of the American Academy of Child and Adolescent Psychiatry, 46:7, July 2007.

Session 16 a, b: Depression, Bipolar Disorder & Anxiety Disorders in Children & Adolescents

- [Textbook of Child and Adolescent Psychiatry](#), Dulcan, 2nd Edition, [Ch. 13](#), [Ch. 14](#), [Ch. 15](#)
- [Practice Parameter for the Assessment and Treatment of Children and Adolescents With Bipolar Disorder](#), McClellan J, Kowatch R, Findling RL, *J American Academy of Child & Adolescent Psychiatry*. 2007;46(1):107-125. doi:10.1097/01.chi.0000242240.69678.c4
- [Efficacy of cognitive-behavioral therapy for childhood anxiety and depression](#), Crowe K, McKay D, *J Anxiety Disord*. 2017;49:76-87. doi:10.1016/j.janxdis.2017.04.001
- [“The Treatment for Adolescents with Depression Study \(TADS\): long-term effectiveness and safety outcomes.”](#) March, et al *Arch Gen Psychiatry* 2007 Oct; 64(1); 1132-43

Session 17a, b: Eating & Growth Disorders in Pediatric Patients

- [Textbook of Child and Adolescent Psychiatry](#), Dulcan, 2nd Edition, [Ch. 20](#)
- [Initial evaluation, diagnosis, and treatment of anorexia nervosa and bulimia nervosa](#), Harrington BC, Jimerson M, Haxton C, Jimerson DC, *Am Fam Physician*. 2015;91(1):46-52.
- [Failure to thrive: current clinical concepts](#), Jaffe AC, *Pediatr Rev*. 2011;32(3):100-107. doi:10.1542/pir.32-3-100

Session 18: Psychotic Disorders: An Approach to the Patient with Schizophrenia and Other Psychotic Disorders

- [Essentials of Psychiatry in Primary Care](#), Smith, Osborn, Dwamena, D’Mello, Freilich, & Laird-Fick, [Ch. 9](#)
- [Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry](#), Kaplan and Sadock, 11th Edition, Ch. 7

Session 19: Personality Disorders

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 22
- [Borderline personality disorder in the primary care setting](#), Dubovsky AN, Kiefer MM, *Med Clin North Am.* 2014;98(5):1049-1064. doi:10.1016/j.mcna.2014.06.005

Session 20: Somatization Disorders & Chronic Pain

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch.13, 14
- [Somatoform disorders and medically unexplained symptoms in primary care](#), Haller H, Cramer H, Lauche R, Dobos G, *Dtsch Arztebl Int.* 2015;112(16):279-287. doi:10.3238/arztebl.2015.0279
- [Adverse impacts of chronic pain on health-related quality of life, work productivity, depression and anxiety in a community-based study](#), Kawai K, Kawai AT, Wollan P, Yawn BP, *Fam Pract.* 2017;34(6):656-661. doi:10.1093/fampra/cmz034

Session 21: Psychological Factors Affecting Medical Illness

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 13, pp. 477-489

Session 22: Neuropsychiatric Aspects of HIV Infection and AIDS

- [Mental Health Practitioner's Guide to HIV/AIDS](#), Loue, pp. 9-35, pp. 247-251
- [HIV and depression: 2008 review and update](#), Rabkin JG, *Curr HIV/AIDS Rep.* 2008;5(4):163-171. doi:10.1007/s11904-008-0025-1

Session 23: Dealing with the Traumatized Patient: PTSD & Domestic Violence

- Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, Kaplan and Sadock, 11th Edition, Ch. 11
- [Trauma, posttraumatic stress disorder, and physical illness: findings from the general population](#), Spitzer C, Barnow S, Völzke H, John U, Freyberger HJ, Grabe HJ, *Psychosom Med.* 2009;71(9):1012-1017. doi:10.1097/PSY.0b013e3181bc76b5
- [Primary Care–Based Interventions for Intimate Partner Violence: A Systematic Review](#), Bair-Merritt MH, Lewis-O'Connor A, Goel S, et al, *American Journal of Preventive Medicine.* 2014;46(2):188-194. doi:10.1016/j.amepre.2013.10.001
- [A Consensus Statement on Trauma Mental Health: The New Haven Competency Conference Process and Major Findings](#); Psychological Trauma: Theory, Research, Practice, and Policy © 2014 American Psychological Association 2014, Vol. 6, No. 4, 300–307
- [Guidelines on Trauma Competencies for Education and Training](#)

Session 24: Adverse Childhood Experiences Study

- <https://www.cdc.gov/violenceprevention/acestudy/index.html>

Session 25: The Mental Health Effects of COVID-19 (no readings, presentation/session with Dr. Giggle)

- COVID-19, Mental Health and Suicide
- COVID-19, Physician Well Being and Virtual Care in the Future
- Ethics and COVID -19

Session 26: Women's Mental Health Issues: To be done monthly seminars in conjunction with FM/OB Fellows.

III. RESEARCH SEMINAR

HALF DAY PER WEEK WILL BE DEVOTED TO RESEARCH. THE EXPECTATION IS TO HAVE A RESEARCH ADVISOR BY THE END OF THE FIRST MONTH OF THE FELLOWSHIP AND AN ESTABLISHED PROJECT BY THE END OF THE SECOND MONTH. THE TOPIC MUST BE APPROVED BY THE FELLOWSHIP DIRECTOR. THE GOAL IS TO HAVE A SCHOLARLY PROJECT THAT CAN BE PRESENTED AT GRAND ROUNDS AND IDEALLY PUBLISHED IN AN ACADEMIC JOURNAL AND/OR PRESENTED IN A POSTER FORMAT. THE FELLOW WILL PRESENT THE PROJECT TO THE COLLEGE IN AN ACADEMIC CONFERENCE IN APRIL/MAY.