

AREAS OF MEDICAL-PSYCHOLOGICAL COLLABORATION INCLUDE:

Many patients seeking medical treatment suffer from psychological problems. These problems play a critical role in the etiology of the presenting medical disorder. In turn, medical conditions often give rise to psychological complications.

When health care professionals address both sides of the equation, their interventions are usually more effective and less costly. Extensive research demonstrates that a partnership of physician and psychologist provides more efficient, comprehensive and effective care. This collaboration enhances diagnosis, treatment and recovery.

Psychologists recognize the close interaction between psychological and physical functioning. In primary health care psychologists assess behavioural, mental and emotional functioning, look at family, social and environmental factors and provide effective evidence-based treatments across a range of chronic health conditions and emotional disorders.

Mood Disorders:

Depression, Bipolar Disorder, Dysthemia, Seasonal Affective Disorder, Post Partum Depression

Anxiety Disorders:

Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Phobias, Panic Disorder, Obsessive Compulsive Disorder

Thought Disorders:

Cognitive Dysfunction: Dementia, Competency, Brain Injury, Foetal Alcohol Spectrum Disorder

Pain Management

Chronic Illness Management including Obesity and Diabetes

Intense Illness Concern (Hypochondriasis)

Eating Disorders

Addictions:

Street and Prescription Drugs,

Alcohol, Tobacco

Sexual Dysfunction

Insomnia

Psychoneuroimmunology

Abuse:

Sexual, Physical, Psychological

Eligibility for Financial Support Programs

Compliance with Prescription Medication,

Life Style Changes, Disease Prevention

Academic Difficulties

Attention Deficit Hyperactivity Disorder

Behavioural/Conduct Disorders

Vocational Planning

Forensic Difficulties

Developmental Delays

Stress Prevention and Management

Conflict Resolution/Mediation/

Anger Management

Grief

Life Transitions

Relationships:

Work, Marital, Family, Separation, Divorce,

Blending, Parenting, Management of

Disabled or Ageing Family Members



In support of best clinical practice, professional psychology aspires to develop a more effective, collaborative relationship with the primary health care physician. Research on the outcome of such partnerships has clearly established the benefits. Medical needs are addressed more effectively, patient satisfaction increases, costs are contained and the demands on family physicians are reduced.

PSYCHOLOGICAL SERVICES

IN PRIMARY HEALTH CARE

For more information or for a referral to a psychologist call:

Edmonton 428-Talk (8255)

Calgary 246-Talk (8255)

Toll Free 1-888-424-0297
(in Alberta)

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