**MMC FM Residency: Longitudinal Behavioral Science Curriculum**

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| **Core Principle** | **What is being taught?** | **How is it being taught?** | **By Whom?** |
| Use a bio-psycho-social and relationship-centered approaches to care | Patient-centered communication; brief counseling (BATHE); motivational interviewing | ***Videotape /Direct Observation*** using PCOF – 6xs/year  ***Online training modules*** – three 15 minute modules  ***Skill-based workshops*** – four hours in patient communication  ***Observe psychotherapy*** *–* two sessions per year | LMFT, FM physician faculty |
| Promote patient self-efficacy and behavior change as primary factors in health promotion, disease prevention, and chronic disease management | Motivational Interviewing; SBIRT; brief counseling (CBT, ACT); health literacy (teach back technique) | ***Online training modules***  ***Skill-based workshops***  ***Health literacy*** – video observation 2xs/year; one-on-one didactics with information specialists; articles  ***Diabetes Education*** – residents teach diabetes patients at local education center | LMFT, information specialists |
| Integrate mental health and substance abuse care into primary care services | Prevention, assessment, manage- ment for common mental health and substance use problems seen in primary care. Community resources. Psychopharmacology. | ***Interactive presentations*** – 2hr lectures on substance use, psychopharmacology, psychopathology  ***Round at detoxification center*** – observe morning rounds with psychiatrist 1x/year  ***SBIRT workshop*** *–* two hour workshop with ongoing observation and feedback  ***Integrated behavioral health training*** – two hour workshop during orientation to learn model and competencies; residents required to consult with behavioral health during block rotation | LMFT, Pharmacists, behavioral health interns, Psychiatrist |
| Integrate psychological and behavioral knowledge into the care of physical symptoms and diseases | Interplay between psychological and biological systems | ***Interactive presentations*** – lectures on health disparities, integrated behavioral health  ***Integrated behavioral health service*** – resident required to consult several times per year | LMFT, behavioral health interns |
| Promote the integration of socio- cultural factors within the organization and delivery of health care services | Cultural competence, health literacy, social determinants of health; relationship between science and stories (evidence-based medicine and narrative medicine) | ***Health literacy***  ***Book club*** –interns read “Spirit Catches You…” during orientation and participate in book club  ***Bus ride*** – residents ride city bus as cohort to pre-determined destination, report back, and then participate in 1 hour presentation on health disparities (1x/year)  ***EBM/NM*** *–* residents write patient story with corresponding PICO questions and articles | LMFT, information specialists, Pharmacy faculty |
| Demonstrate the importance to health of familial*,* social, cultural, spiritual, & environmental contexts in patient care to improve health outcomes | Trauma Informed Care; Adverse childhood experiences; Delivering Bad News; Vulnerable populations | ***Interactive presentations*** – 1hr lectures on Trauma, Giving Bad News  ***Mental Illness and Film*** – 2hr presentation on portrayal of psychopathology in movies  ***Operation Inasmuch*** – residents provide triage care at local homeless center 1x/year  ***Care Clinic*** – residents provide care to uninsured and under-insured patients at local clinic | LMFT, FM physician faculty, community preceptors |
| Practice a developmental and life-cycle perspective with learners & clients | Family interviews, communication, life cycle, and genograms | ***Interactive presentation*** – 2hr lecture on family-centered care |  |
| Provider self-awareness, empathy, and well-being | Development of professional identity; Mindfulness; reflection skills | ***Book club*** – interns read “7 Habits for Highly Effective People” and participate in book club  ***Mindfulness*** – interns practice mindfulness at beginning of behavioral science lectures  ***My Wellness*** – residents complete wellness plan 1x/year during block rotation  ***Reflection papers*** – residents reflect on patient encounters 2xs/year | LMFT, FM physician faculty |