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| **Group Exercise** |

Category: **Past unpleasant or unhelpful experiences with behavioral health**

* Discuss examples of cases you’ve come across that fall into your designated category
* Brainstorm and identify the key concepts and perspectives to convey to a patient whose reluctance falls in your designated category
* Consider how you would like your residents to respond to this type of hesitancy

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| **Group Exercise** |

Category: **Internalized stigma and societal stigma around receiving behavioral health care (including culturally driven norms)**

* Discuss examples of cases you’ve come across that fall into your designated category
* Brainstorm and identify the key concepts and perspectives to convey to a patient whose reluctance falls in your designated category
* Consider how you would like your residents to respond to this type of hesitancy

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| **Group Exercise** |

Category: **Misconstruing the recommendation to see a BHP with “My PCP thinks it’s all in my head.”**

* Discuss examples of cases you’ve come across that fall into your designated category
* Brainstorm and identify the key concepts and perspectives to convey to a patient whose reluctance falls in your designated category
* Consider how you would like your residents to respond to this type of hesitancy

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| **Group Exercise** |

Category: **Lacks sufficient understanding/knowledge about what a BHP does and who and what problems can benefit from behavioral health intervention**

* Discuss examples of cases you’ve come across that fall into your designated category
* Brainstorm and identify the key concepts and perspectives to convey to a patient whose reluctance falls in your designated category
* Consider how you would like your residents to respond to this type of hesitancy

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| **Group Exercise** |

Category: **Discomfort and/or anxiety in talking about difficult/painful personal experiences with a stranger**

* Discuss examples of cases you’ve come across that fall into your designated category
* Brainstorm and identify the key concepts and perspectives to convey to a patient whose reluctance falls in your designated category
* Consider how you would like your residents to respond to this type of hesitancy

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| **Group Exercise** |

Category: **Logistical concerns such as time commitment, transportation, and cost**

* Discuss examples of cases you’ve come across that fall into your designated category
* Brainstorm and identify the key concepts and perspectives to convey to a patient whose reluctance falls in your designated category
* Consider how you would like your residents to respond to this type of hesitancy

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