## Integrated Behavioral Health MS4 Elective Log NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please log your completion of each of the following items during your rotation and give to Claudia or Ted upon completion. Of course, let us know if you are having trouble getting an opportunity to do any of these.

**Readings and Videos:**  on Collab under PGY2 Rotation/FM Stress unless otherwise noted

* Date \_\_\_\_\_\_\_\_\_\_\_\_ Book: *The 15 minute Hour* (on bookshelf in observation room)
* Date \_\_\_\_\_\_\_\_\_\_\_\_Chapter from *Emotion Focused Couples Therapy*
* Date \_\_\_\_\_\_\_\_\_\_\_\_Chapter from *Forms of Brief Therapy*
* Date \_\_\_\_\_\_\_\_\_\_\_\_Chapter from *Competence, Courage and Change*
* Date \_\_\_\_\_\_\_\_\_\_\_\_Safety screening protocol
* Date\_\_\_\_\_\_\_\_\_\_\_\_\_Video: Pain Intervention Demonstration
* Date\_\_\_\_\_\_\_\_\_\_\_\_\_Video: Co-located to More Integrated
* Date\_\_\_\_\_\_\_\_\_\_\_\_\_Powtoon animation: Spirit of Motivational Interviewing

**Clinical Procedures**

* Date \_\_\_\_\_\_\_\_\_\_\_\_Conduct at least one Individualized Pain Treatment Plan.
* Date \_\_\_\_\_\_\_\_\_\_\_\_Conduct at last one Brief Relaxation intervention (collab care, BHA, or a session in the FSC).
* Date \_\_\_\_\_\_\_\_\_\_\_\_Conduct at least one Brief Behavior Change Intervention
* Date \_\_\_\_\_\_\_\_\_\_\_\_Conduct at least one “General” collaborative care call (i.e., support and referral)
* Date\_\_\_\_\_\_\_\_\_\_\_\_ Conduct or participate in at least one Safety Screening
* Date\_\_\_\_\_\_\_\_\_\_\_\_ Conduct or participate in at least one Inpatient Collaborative Care Call

**Conferences**

* Date \_\_\_\_\_\_\_\_\_\_\_\_Attend at least one Behavioral Rounds
* Date \_\_\_\_\_\_\_\_\_\_\_\_Attend at least one WAW

**Other**

* Date \_\_\_\_\_\_\_\_\_\_\_\_Complete 2 (two week rotation) or 4 (four week rotation) reflection pieces. For each piece, reflect on a patient or intervention that you observed or participated in. What surprised you? What did you learn? How do you think this experience will affect you as a doctor? What would be challenging about helping this patient? What cultural or socioeconomic factors affected this patient interaction? What is something that you’ll take away from this experience? What pieces of this intervention do you hope to keep in your “toolbox?” Please email your responses to Claudia.
* Date \_\_\_\_\_\_\_\_\_\_\_\_Complete the PCOF on-line module, clinic observations, and feedback (see Collab). **Note that this activity takes a bit of time and planning so it’s best to start early in the elective.**
* Date \_\_\_\_\_\_\_\_\_\_\_\_Complete your evaluation of the elective on line.