

The Webinar will begin promptly at 12pm

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Send your questions to the host via the chat window in the Zoom meeting.

Q+A will open at the end of the presentation.

Follow-up questions?

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SUSTAINABLE TRAUMA TREATMENT: HOW ACCELERATED RESOLUTION THERAPY CAN BE UTILIZED IN A PCBH SETTING TO EFFECTIVELY TREAT TRAUMA

PRESENTED BY:

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Tuesday

January 17, 2023

12:00 pm – 1:00 pm EST

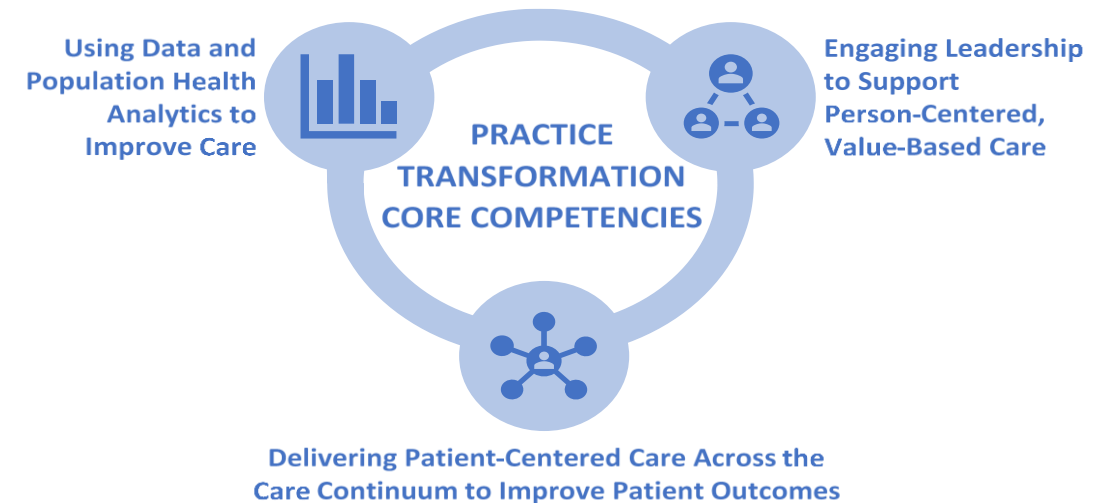
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WHAT IS INTEGRATED CARE DC?



- » Integrated Care DC is a five-year program aimed to enhance Medicaid providers' capacity and core competencies to deliver whole person care for physical, behavioral health, SUD and social needs of beneficiaries.
- » Integrated Care DC is managed by the DC Department of Health Care Finance (DHCF) in partnership with the DC Department of Behavioral Health (DBH). Health Management Associates will provide the training and technical assistance.

The goal is to improve care and Medicaid beneficiary outcomes within three practice transformation core competencies:



- » The program offers several components of coaching and training. Material is presented in various formats. The content is created and delivered by HMA subject matter experts with provider spotlights.
- » All material is available on the project website: [Integratedcaredc.com](https://integratedcaredc.com)
- » Educational credit is offered at no cost to attendees for select elements.



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Check your inbox at the beginning of the month for the Monthly Newsletter and around the 15th for the Mid-Month Update.



>> Got ideas?

Take this short survey to share suggestions and requests for trainings.

<https://www.integratedcaredc.com/survey/>



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Company	No financial disclosures	No financial disclosures	No financial disclosures	No financial disclosures
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- ❖ The AAFP has reviewed Integrated Care DC Webinar Series and deemed it acceptable for AAFP credit. Term of approval is from 02/08/2022 to 02/07/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This session is approved for 1.0 Online Only, Live AAFP Prescribed credits.
- ❖ **If you would like to receive CE/CME credit, the online evaluation will need to be completed.** You will receive a link to the evaluation shortly after this webinar.
- ❖ Certificates of completion will be emailed within 10-12 business days of course completion.

**SUSTAINABLE TRAUMA TREATMENT: HOW
ACCELERATED RESOLUTION THERAPY CAN
BE UTILIZED IN A PCBH SETTING TO
EFFECTIVELY TREAT TRAUMA**

OBJECTIVES

1. Describe the main components of Accelerated Resolution Therapy
2. Explain the compatibility of Accelerated Resolution Therapy and brief intervention in an integrated setting.
3. Identify how the use of Accelerated Resolution Therapy to treat trauma may reduce clinician burnout and increase sustainability



Image permitted by DC Department of Health Care Finance

Sustainable Trauma Treatment: How Accelerated Resolution Therapy can be Utilized in a PCBH Setting to Effectively Treat Trauma

- » PCBH foundations
- » Why treat trauma in primary care?
- » Overview of ART principles and applications
- » Closing Remarks/Q&A

Generalist
Accessible
Team-based
High productivity
Education
Routine

» The Primary Care Behavioral Health Consultation model (PCBH) is a psychological approach to **population-based clinical health care** that is simultaneously **co-located, collaborative, and integrated** within the primary care clinic

Source: Collaborative Family Healthcare Association,
<https://www.cfha.net/>

- » PCBH provider for 5 years at CentraCare – Family Health Clinic in St. Cloud, MN
- » PCBH started in our system in 2015
- » Trained in basic ART in 2020, advanced training in 2021
- » 16 members of our team have since trained in and started practicing ART
 - Primary care, specialty, tele-IBH, hospital

- » Get you excited about treating trauma in PCBH
- » Introduce a modality well suited for this work
- » Answer your questions about ART and treating trauma in PCBH

ME AFTER A “USUAL” SESSION...



...ME AFTER AN ART SESSION



- >> PCBH model in a family medicine residency clinic for the University of Minnesota
- >> High risk population
- >> Recognized a need to treat trauma in the PCBH setting
 - Providing “pearls” of therapy for the many versus specialty care for the few
 - Burden capacity
 - Concept of “scaffolding”
- >> Began to seek out brief, evidence-based treatment

- » **Patient:** 61-year-old, African American woman (MJ), meeting with her PCP for routine, follow-up care
- » **Referred by:** PCP
- » **Presenting problem:** Significant 10-year domestic violence history; threatened he would kill her if she decided to leave; Left partner in July (2022), currently homeless
- » **Diagnosis:** Posttraumatic Stress Disorder
 - » *Intrusion symptoms:* unwanted/upsetting memories, nightmares, flashbacks, emotional distress after exposure to traumatic reminders
 - » *Avoidance:* trauma related thoughts, feelings, and reminders
 - » *Negative alterations in cognitions and mood:* Fear/anxiety, sad mood, feeling isolated, beliefs that the world is not safe
 - » *Alterations in arousal and reactivity:* Anger/irritability, hypervigilance, difficulty sleeping, difficulty concentrating
- » **Previous treatment:** Therapy and psychiatry services at PSI, Services 11/22 – 1/23
- » **Recommending EMDR:**
 - » Pt would benefit from coping skills (can teach visual imagery with BLS)
 - » Pt has very detailed and distressing memories linked to emotions and unhelpful thoughts
 - » EMDR would allow patient to quickly activate memory and process memory, emotions and unhelpful thoughts

WHAT IS ACCELERATED RESOLUTION THERAPY (ART)?



- »» Founded by Laney Rosenzweig, MS, LMFT
- »» ART is an eye-movement based therapy
- »» ART is evidence based for treating PTSD
 - More to come on this

ART combines elements from:

- Gestalt
- Exposure Therapy
- Mindfulness/Mindful Self Compassion
- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Guided Imagery

>> Patients struggling with:

- PTSD
- Grief
- Anxiety
- Depression
- Phobias
- Panic Attacks
- OCD
- Addiction
- Social Anxiety
- Self Esteem
- Relationship Issues
- Pain Management
- Dyslexia
- Lifestyle Changes
- Smoking Cessation
- Procedures

- » One session typically lasts from 45-60 minutes
- » 1-5 sessions is typical
- » One session is often enough for significant reduction of symptoms
- » ART is not EMDR
 - More contained

Three phases:

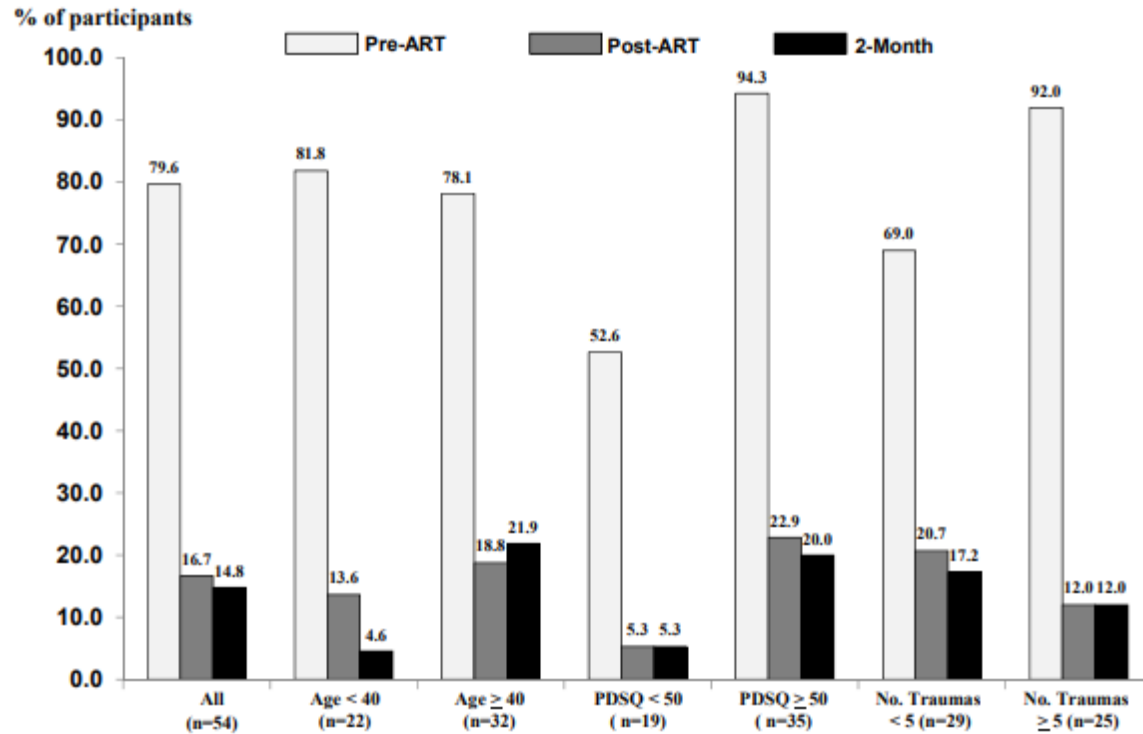
- » Phase 1 – exposure to the traumatic event (negative sensations)
- » Phase 2 – voluntary image replacement (positive sensations)
- » Phase 3 – practicing trigger times

WHAT ARE EYE MOVEMENTS?



- » Bilateral eye movements
- » Relationship to REM sleep
- » Thought to help de-activate the amygdala

Figure 4. Percentage of participants with PCL-C scores ≥ 44 (established clinical cutpoint) at baseline (minimal shading), post-treatment (moderate shading) and 2-month follow-up (dark shading).



[Brief treatment of symptoms of post-traumatic stress disorder \(PTSD\) by use of Accelerated Resolution Therapy \(ART\)](#)

Kip KE, Elk CA, Sullivan KL, Kadel R, Lengacher CA, Long CJ, Rosenzweig L, Shuman A, Hernandez DF, Street JD, Girling SA, Diamond DM. *Behavioral Sciences* 2012; 2(2): 115-134

- » 62 y/o male
- » Recent car accident
- » Not sleeping, frequent flashbacks, avoiding driving, became physically anxious and panicked when speaking about the accident, grounding exercises not helpful
- » Missed several PCP appointments as he was unable to bring himself to drive to the clinic and needed to have family support

- 42 y/o female
- ER nurse, recently assaulted by a patient while on duty
- Has not been able to return to work for 6 weeks, severely triggered by driving to the hospital to visit the unit
- Increased shame around this, “supposed to be tough,” leading to more depressive symptoms

- » 37 y/o female
- » History of sexual assault
- » Experiencing flashbacks, nightmares, hypervigilance
- » Recently diagnosed with HPV, has been unable to tolerate colposcopy, cancelled several times

- » Patients who have experienced trauma are often seen first in primary care
- » ART can be accomplished in 1-5 sessions
- » Helpful to have a tool right in our pockets rather than lengthy referral times
- » We do hard work.
 - Lower exposure to secondary trauma
 - Ease of documentation

ISSUES WITH THE INTEGRATED SETTING



>> Visit times

- occasionally exceed 60 minutes
- 90 mins or more to bill a prolonged service code along with the 90837
- 2023 CMS proposal calls to eliminate prolonged service codes for psychotherapy services

>> Cost of training

- Individual cost is \$1,500
- Currently reduced to \$1,200 for non-profit organizations

>> Noise!

>> Complex Trauma

- A referral to specialty care is indicated

- » Two providers trained in 2020, 16 providers trained at present
 - Provided in-house training for 9 providers in August 2021
- » Strategic appointment times
- » Strategic exam room use
- » Medical provider education
- » Monthly consult
- » Application in virtual settings

HOW DO I GET TRAINED IN ART?



1

Review materials
from two main
organizations:

[www.accelerated
resolutiontherapy.com](http://www.acceleratedresolutiontherapy.com)

[www.artherapy
international.org](http://www.artherapyinternational.org)

2

Attend Basic ART
Training

3

Complete and
document 30 Full
Sessions

4

Attend
Advanced &
Enhanced ART
Training

CASE DISCUSSION



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REFERENCES/PEER REVIEWED PUBLICATIONS



Civilian:

- [Accelerated Resolution Therapy: Randomized Controlled Trial of a Complicated Grief Intervention.](#)
- Harleah G. Buck, PhD, RN, FPCN, FAHA, FAAN, Paula Cairns, PhD, RN, Nnadozie Emechebe BPharm, MPH, Diego F. Hernandez, PsyD, Tina M. Mason, MSN, APRN, AOCN, AOCNS, FCNS, Jesse Bell, MS, MPH, Kevin E. Kip, PhD, FAAS, Philip Barrison, BS, and Cindy Tofthagen, PhD, APRN, AOCNP, FAANP, FAAN. *American Journal of Hospice & Palliative Medicine* © 2020
- [Brief treatment of symptoms of post-traumatic stress disorder \(PTSD\) by use of Accelerated Resolution Therapy \(ART\)](#)
- Kip KE, Elk CA, Sullivan KL, Kadel R, Lengacher CA, Long CJ, Rosenzweig L, Shuman A, Hernandez DF, Street JD, Girling SA, Diamond DM. *Behavioral Sciences* 2012; 2(2): 115-134
- [Brief treatment of co-occurring post-traumatic stress and depressive symptoms by use of accelerated resolution therapy](#)
- Kip KE, Sullivan KL, Lengacher CA, Rosenzweig L, Hernandez DF, Kadel R, Kozel FA, Shuman A, Girling SA, Hardwick MJ, Diamond DM. *Frontiers in Psychiatry* 2013; 4(article 11):1-12. doi: 10.3389/fpsy.2013.00011
- [Stress Management Intervention To Prevent Post-Intensive Care Syndrome-Family In Patients' Spouses](#)
- Paula L. Cairns, Harleah G. Buck, Kevin E. Kip, Carmen S. Rodriguez, Zhan Liang and Cindy L. Munro. ©2019 American Association of Critical-Care Nurses; *Am J Crit Care* 471-476 28 2019; 10.4037/ajcc2019668

Military:

- [Randomized controlled trial of accelerated resolution therapy \(ART\) for symptoms of combat-related post-traumatic stress disorder \(PTSD\)](#)
- Kip, KE, Rosenzweig L, Hernandez DF, Shuman A, Sullivan KL., Long CJ, Taylor J, McGhee S, Girling SA, Wittenberg, T, Sahebzamani, FM, Lengacher CA, Kadel R, Diamond DM. *Military Medicine* 2013; 178: 1298-1309
- [Case report and theoretical description of Accelerated Resolution Therapy \(ART\) for military-related post-traumatic stress disorder](#)
- Case report and theoretical description of Accelerated Resolution Therapy (ART) for military-related post-traumatic stress disorder. *Military Medicine* 2014; 179:31-37
- [Accelerated resolution therapy \(ART\) for treatment of pain secondary to combat-related post-traumatic stress disorder \(PTSD\)](#)
- Kip KE, Rosenzweig L, Hernandez DF, Shuman A, Diamond DM, Girling SA, Sullivan KL, Wittenberg T, Witt A, Lengacher CA, Anderson B, McMillan SC. *European Journal of Psychotraumatology* 2014, 5: 24066 – <http://dx.doi.org/10.3402/ejpt.v5.24066>
- [Comparison of Accelerated Resolution Therapy \(ART\) for treatment of symptoms of PTSD and sexual trauma between civilian and military adults](#)
- Kip KE, Hernandez DF, Shuman A, Witt A, Diamond DM, Davis SE, Kip R, Abhayakumar A, Wittenberg T, Girling SA, Witt S, Rosenzweig J. *Military Medicine*, 180: 964-971
- [Accelerated resolution therapy: an innovative mental health intervention to treat post-traumatic stress disorder](#)
- Finnegan A, Kip K, Hernandez D, McGhee S, Rosenzweig L, Hynes C, Thomas M. *Journal of the Royal Army Medical Corps* 2015 Jul 3. pii: jramc-2015-000417. doi: 10.1136/jramc-2015-000417. [Epub ahead of print]

- Please complete the online evaluation! **If you would like to receive CE or CME credit, the evaluation will need to be completed.** You will receive a link to the evaluation shortly after this webinar.

- The webinar recording will be available within a few days at:
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- **Upcoming Webinar:**
 - *Motivational Interviewing Refresher: Using Open Ended Questions, Affirmations, Reflection and Summarizing (OARS) skills to Strengthen Motivation to Change, January 31, 2023, 12:00 – 1:00 pm EST*

- For more information about Integrated Care DC, please visit:
<https://www.integratedcaredc.com/>