

# Behavioral Health Tool Kit

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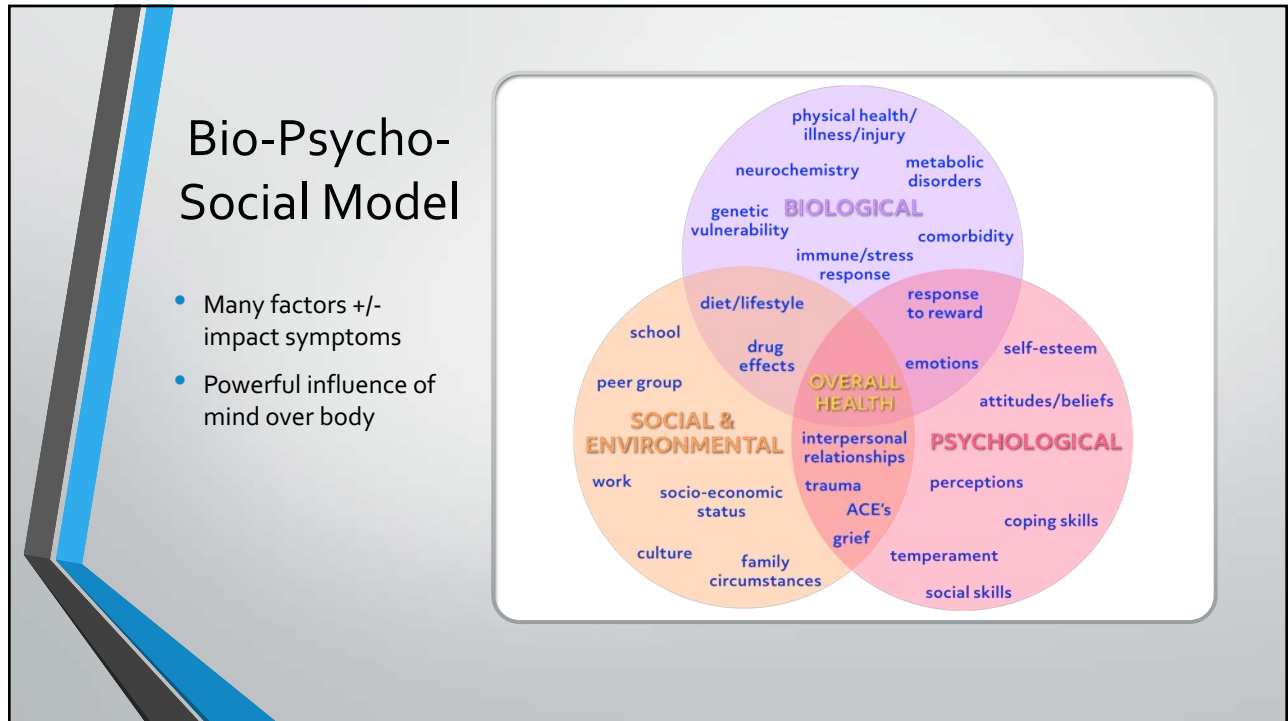
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## Emotions:

**Primary Emotions:**  
Often ADAPTIVE

- Anger
- Sadness
- Fear
- Joy

**Secondary Emotions:**  
Often MALADAPTIVE

- Depression
- Anxiety
- Guilt
- Irritability
- Loneliness
- Jealousy

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- Common, but serious mood disorder
- Causes severe symptoms
- 5-20% will suffer major incapacitating depression
- 800,000 suicides/year
- Family impact
- Too few positive emotions/too many negative emotions
- Grief/guilt accompany
- Anhedonia common


# Depression

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Biggest risk factor for depression:  
**CHRONIC STRESS!**

Unclear if pain causes depression or depression amplifies pain

We need to treat both!



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## Depression Screening tools:

### PHQ-2

- If a 3 or greater is scored, it is recommended to complete the PHQ-9
- Refer to additional references for both PHQ-2 and PHQ-9 screening forms

### The Patient Health Questionnaire-2 (PHQ-2)

Patient Name \_\_\_\_\_ Date of Visit \_\_\_\_\_

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not At all	Several Days	More Than Half the Days	Nearly Every Day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3

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## Anxiety

- Stems from anticipation of threat
- Characterized by hypervigilance and passive defensive responses
- Most common mental health problem in the US
- 1 out of 3 adolescents and adults suffer from anxiety
- In the last decade hospital admissions for suicidal teenagers has doubled



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# General Anxiety Disorder - 7

**GAD-7 Anxiety**

Over the last two weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3

Column totals    \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ =  
Total score    \_\_\_

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all    Somewhat difficult    Very difficult    Extremely difficult

Source: Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD/PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at [spitzer@duke.edu](mailto:spitzer@duke.edu). PRIME-MD is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission.

**Scoring GAD-7 Anxiety Severity**

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of "not at all," "several days," "more than half the days," and "nearly every day." GAD-7 total score for the seven items ranges from 0 to 21.


0-4: minimal anxiety  
5-6: mild anxiety  
10-14: moderate anxiety  
15-21: severe anxiety

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# PTSD

**Three responses to threat:**

- Social engagement: Call for help
- Fight or flight: No one comes, Immediate danger
- Freeze or collapse: Can't get away, so preserve by shutting down



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## ACE's:

### Graded dose-response between ACEs and negative health across life span

- Alcohol abuse / Drug use
- Smoking
- Multiple sexual partners / STDs
- Depression
- Financial stress
- Risk for intimate partner violence
- Headaches
- Severe obesity



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## Types of Trauma

### Obvious Causes:

- War
- Severe childhood abuse
- Neglect, betrayal, abandonment during childhood
- Experiencing / Witnessing violence
- Rape
- Catastrophic Illness / Injury

### Vague Causes:

- MVA, especially with whiplash
- Invasive medical / dental procedures
- Falls especially for children and aged
- Natural disasters
- Illness with high fever or accidental poisoning
- Being left alone (\*children and babies)
- Prolonged immobilization
- Exposure to extreme heat / cold (\*)
- Sudden loud noises (\*)
- Birth Stress (mother and infant)

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## Trauma Symptoms:

**Early:**

- Hyperarousal
- Constriction
- Dissociation and Denial
- Feelings of helplessness, Immobility and Freezing

**Later:**

- Panic attacks / Anxiety / Phobias
- Mental "blankness" / Spaced out feelings
- Avoidance behavior
- Attraction to dangerous situations
- Addictive behaviors
- Exaggerated or Diminished Sexual Activity
- Amnesia and Forgetfulness
- Inability to Love / Nurture / Bond with others
- Fear of Dying / Shortened life
- Self-Mutilation
- Loss of Sustaining beliefs

**Last:**

- Excessive shyness
- Diminished Emotional Responses
- Inability to Make Commitments
- Chronic Fatigue
- Immune System Problems
- Psychosomatic Illnesses
- Chronic Pain
- Fibromyalgia
- Asthma
- Skin Disorders
- Digestive Problems
- Severe Pre-menstrual Syndrome
- Depression / Impending Doom
- Reduced Ability to Formulate Plans
- Feelings of Detachment / Alienation / Isolation

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## Trauma Screening Questionnaire

**Trauma Screening Questionnaire (TSQ)**  
*Your own reactions now to the traumatic event*

Please consider the following reactions which sometimes occur after a traumatic event. This questionnaire is concerned with your personal reactions to the traumatic event which happened to you. Please indicate (Yes/No) whether or not you have experienced any of the following at least twice in the past week.


	No	Yes
1. Upsetting thoughts or memories about the event that have come into your mind against your will	<input type="checkbox"/>	<input type="checkbox"/>
2. Upsetting dreams about the event	<input type="checkbox"/>	<input type="checkbox"/>
3. Acting or feeling as though the event were happening again	<input type="checkbox"/>	<input type="checkbox"/>
4. Feeling upset by reminders of the event	<input type="checkbox"/>	<input type="checkbox"/>
5. Bodily reactions (such as fast heartbeat, stomach churning, sweatiness, dizziness) when reminded of the event	<input type="checkbox"/>	<input type="checkbox"/>
6. Difficulty falling or staying asleep	<input type="checkbox"/>	<input type="checkbox"/>
7. Irritability or outbursts of anger	<input type="checkbox"/>	<input type="checkbox"/>
8. Difficulty concentrating	<input type="checkbox"/>	<input type="checkbox"/>
9. Heightened awareness of potential dangers to yourself and others	<input type="checkbox"/>	<input type="checkbox"/>
10. Being jumpy or being startled at something unexpected	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered yes to 6 or more questions you are encouraged to consider whether you think that some counseling support may be of benefits in helping you to lower your on-going reactions to the traumatic event.

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## When to refer:

- Suicidal ideation
- Unsafe environment
  - Mandatory reporting for:
    - Children
    - Older adults
    - At-risk adults
- Unresolved issues beyond your scope
- FOLLOW YOUR GUT!

A photograph showing two people shaking hands. The person on the right is wearing a brown sweater and holding a light blue tablet. The person on the left is wearing a red and black plaid shirt. The background is slightly blurred, showing what appears to be a chair.

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A photograph of a balancing act. A horizontal beam is supported by a ring on the ground. On the left side of the beam, a large black sphere is balanced. On the right side, a smaller black sphere is balanced. Above the beam, several other rings and spheres are stacked in a precarious arrangement, illustrating the concept of balancing oneself.

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## Pain Experiences:

**Emotions:**

- Anxiety
- Depression
- Anger
- Despair
- Abandonment

**Social:**

- Withdrawn
- Isolated
- Unlovable

**Cognitive:**

- At wit's end
- Powerless
- Failure
- Inadequate (to meet challenge)

**Spiritual:**

- Beaten down
- Abandoned

**Cultural:**

- Beliefs/expectations of how one should suffer

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# Pain

As a clinician who wants to treat patients with a mental health issue, it is imperative to understand how pain works first.

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## Therapeutic Alliance

The working collaborative relationship between the patient and the clinician, containing the three main components of agreement on goals of treatment, agreement on interventions, and the affective bond between patient and clinician.

Bordin ES. The Generalizability of the psychoanalytic concept of the working Alliance. *Psychotherapy: Theory, Research & Practice*. 1979;16(3):252.



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## Facilitating goal setting



- Boost Self Efficacy
- Communication
- Therapeutic Alliance
- Look out for Yellow Flags
- Social beliefs
- Help with Health Literacy
- Ask Open-ended Questions

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## Addressing Sleep Dysfunction:

### Screening tools:

- Insomnia Severity Index
- STOP-Bang questionnaire (sleep apnea)
- Pittsburgh Sleep Quality Index
- Epworth Sleepiness Scale
- Sleep Hygiene Index



Can also use wearable devices to track, or a manual log

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## Creative Therapies:

- Leisure activities are often the first thing people will give up
- How does this loss affect our sense of self?
- These activities can facilitate plastic changes in somatosensory cortex



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## Writing:

### Benefits of writing:

- UE strength / ROM
- Part of an occupation
- Processing / exploring self
- Their role in environment
- Processing emotions
- Explore motivation
- Tracking behaviors
- Can experience and create it
- Blur lines of conscious / unconscious



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## Potential Contraindications to Writing

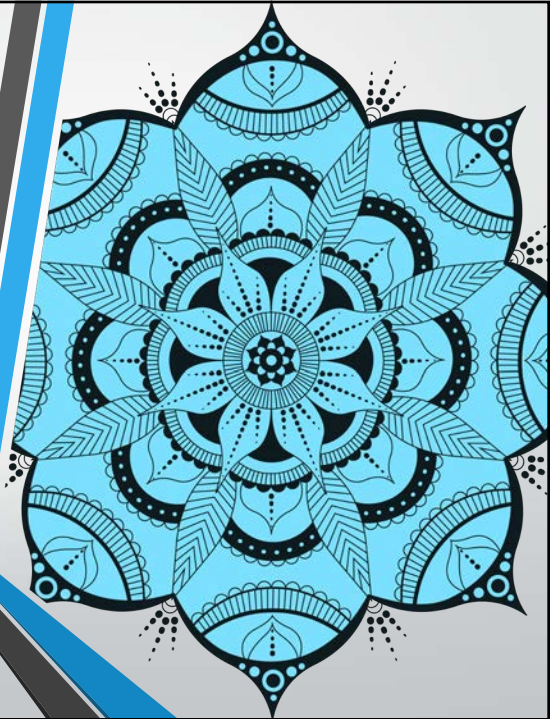
- Literacy (dyslexia, cognitive / intellectual challenges)
- If experience is pre-verbal, may want to use another form (such as art)
- Acute mental health symptomology where the initial mood drop may be detrimental
- Poor emotional regulation
- For non - mental health clinicians: use for patients dealing with problematic life issues rather than chronic mental health disorders

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## Mandalas

### Study on 7-18 year old's prior to needle sticks:

- Created mandalas on iPad x 5 minutes prior to procedure
- Decreased anxiety/crying
- How else could this be used in our practices?



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## Creativity and Chronic Pain

### Creative Activities can:

- Promote adaptation
- Increase sense of control
- Fill time with productive activity
- Influence sense of achievement
- Create meaningful goals
- Support self image
- New social networks
- Distraction from symptoms

### Examples (Be creative)

- Textile work
- Woodworking
- Dance / Sing
- Theatre
- Needle work (embroidery, knit, cross-stitch)
- Photography
- Gardening
- Paper crafts (quilling, scrapbooking, card making, origami)
- Stained glass
- Pottery



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## Music

- Encourages movement related to relationship between auditory & motor cortices
- Improved neural reorganization if used during therapy
- Both factors could help optimize functional outcomes



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## Dance

### Sensory

- Proprioception
- Integrating visual and auditory input
- Depth perception
- Viewing, replicating and learning a pattern
- Neuroplasticity and the motor cortex

### Biomechanical

- Gross motor coordination
- Endurance
- Balance
- Strength
- ROM



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# Eat the Rainbow

## Nutrition

"Eat (real) food. Not too much. Mostly plants."  
~Michael Pollan

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# Mindfulness

**Benefits of Mindfulness:**

- Counteracts memory loss
- Reduces anxiety and depression
- Improves digestion
- Improves focus / concentration
- Helps regulate emotions
- Helps normalize blood pressure
- Decrease muscle tension, stress, & pain
- Decreases cortisol levels



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## Progressive Relaxation:

- Like a body scan, but activate the muscles
- Best when done in combo with other interventions
- As a HEP
- Decreases sensitivity of nervous system



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## Meditation

- Focus on breath or regular external sound
- Mind wanders, that's ok. Just return to where you were
- Designated space, quiet sitting in comfortable position, wear comfy clothes, set a timer
- Explore sensations, even pain
- Can add chant ("may you be well")




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## Gratitude

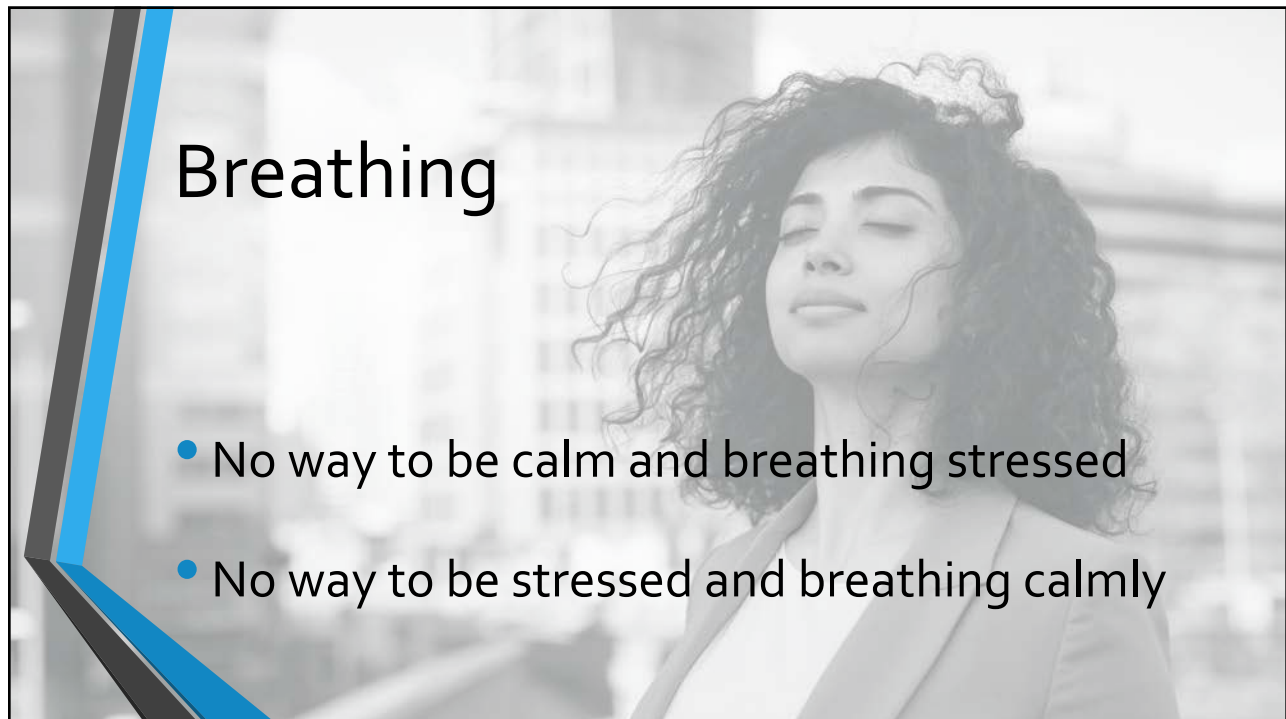
- Improvement in immune system
- Lowers blood pressure
- Increased positivity
- Decreased stress / anxiety / depression
- Decreases self absorption



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## Breathing

- No way to be calm and breathing stressed
- No way to be stressed and breathing calmly



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# Movement Therapies

- Yoga
- Tai-Chi
- Pilates
- Feldenkrais



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# Benefits

**Emotional Benefits**

- Quiet the mind
- Fosters self knowledge
- Increases awareness
- Alleviating emotional distress
- Improves attitude and emotions
- Increases self esteem and self-image

**Social Benefits**

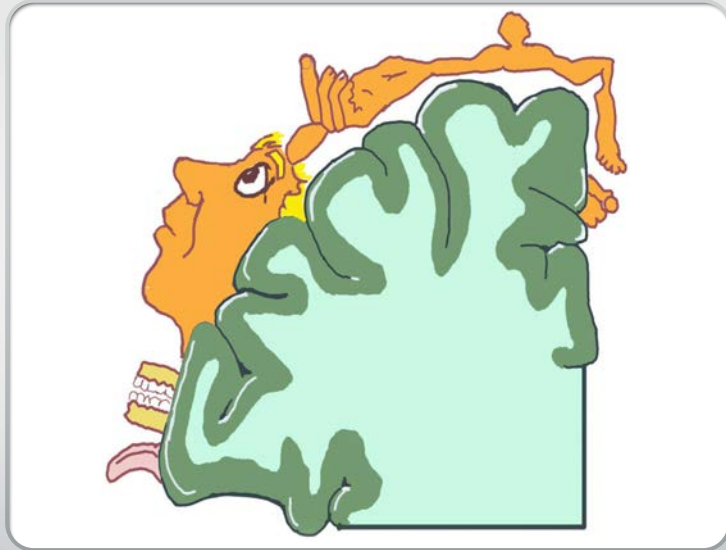
- Provides social support and community
- Relieves feelings of isolation and loneliness
- Improves relationships to other people
- Improves symptoms related to depression and anxiety



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## Healthy Homunculus

- Intentional movements
- ↑ association of movement with safety
- ↑ recognition of body part
- ↑ discrimination and refinement of motor pattern



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## Additional references




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**Podcasts:**

- Pain Reframed
- Brain Science
- Like Mind, Like Body
- Healthy Wealthy and Smart
- Called to Care

**Apps:**

- Calm
- Mindfulness Coach
- COVID coach
- Insight timer
- Headspace
- Curable



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**Books**

- *Pain Science Education* by Adriaan Louw PhD
- *Back in Control: A Surgeon's Roadmap Out of Chronic Pain* by David Hanscom MD
- *The chronic Pain and Illness Workbook for Teens: CBT and Mindfulness-Based Practices to Turn the Volume Down on Pain* by Rachel Zoffness PhD
- *The Pain Management Workbook: Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life* by Rachel Zoffness PhD
- *Breathe: The Simple, Revolutionary 14-Day Program to Improve Your Mental and Physical Health* by Dr. Belisa Vranich
- *Wrinkles on the Inside: A Look Into How We Age* By Timothy Flynn PhD
- *The Opioid-free Pain Relief Kit: 10 Simple Steps to Ease Your Pain* by Beth Darnall, PhD
- *Healing Trauma: A pioneering program for restoring the wisdom of your body* by Peter A. Levine, PhD
- *Waking the Tiger: Healing Trauma* by Peter A. Levine, PhD
- *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness* by Peter A. Levine, PhD
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk MD
- *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science* by Norman Doidge MD
- *The Brain's Way of Healing: Remarkable Discoveries and Recoveries From the Frontiers of Neuroplasticity* by Norman Doidge, MD
- *Why Zebras Don't Get Ulcers* by Robert M. Sapolsky
- *Behave: The Biology of Humans at our Best and Worst* by Robert M. Sapolsky

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