Cooperation and Consultation

Working Alliance between Psychiatrists and Psychotherapists

Speaker

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Interpreter: Tang Xiaoran

Ice breaking game

The Basis and Rules of Cooperation between Psychiatrists and Psychotherapists

1

Transcultural point of view

mutual understanding

- DAI, WIPPF - NOT applicable
- Working status
  and problems encountered

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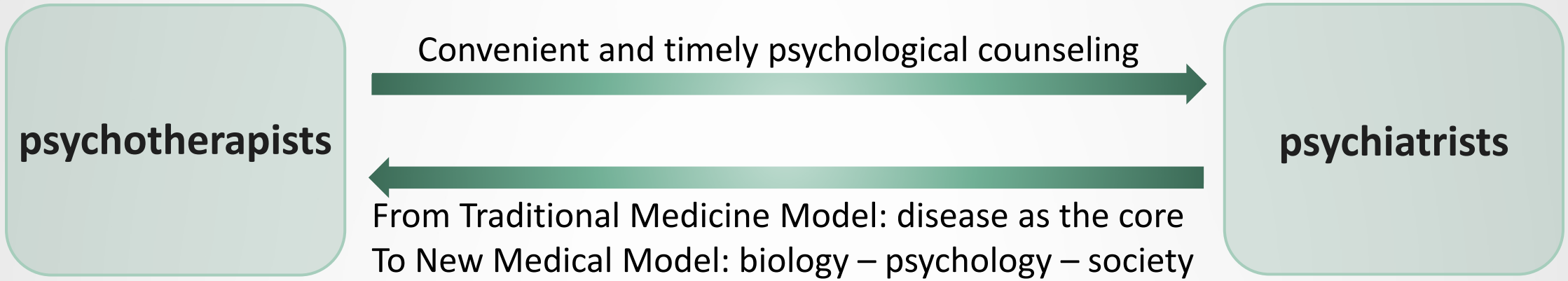
mutual respect

The Basis and Rules of Cooperation between Psychiatrists and Psychotherapists

2 Mutual supporting

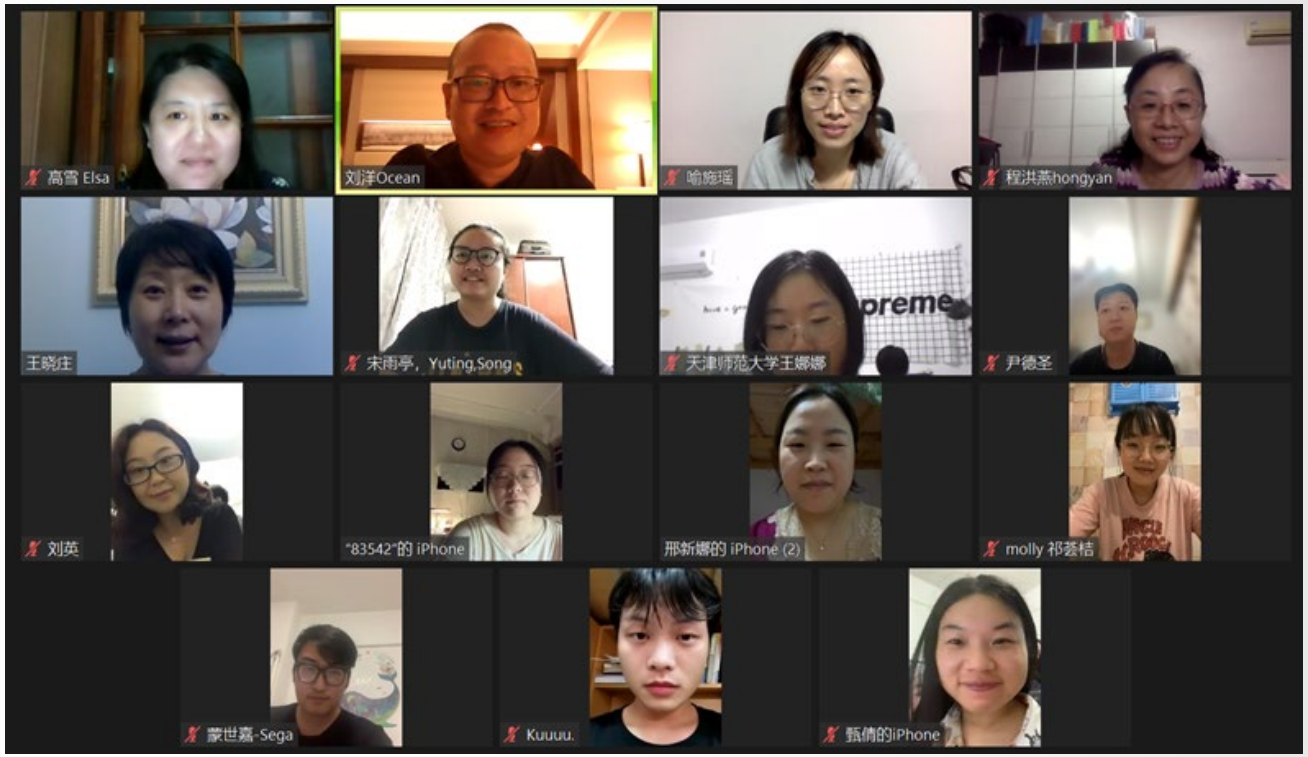


The Basis and Rules of Cooperation between Psychiatrists and Psychotherapists

3

Consultation

- Regular communication
  17 team members
- Share suggestions to the other party and adjust their own practices



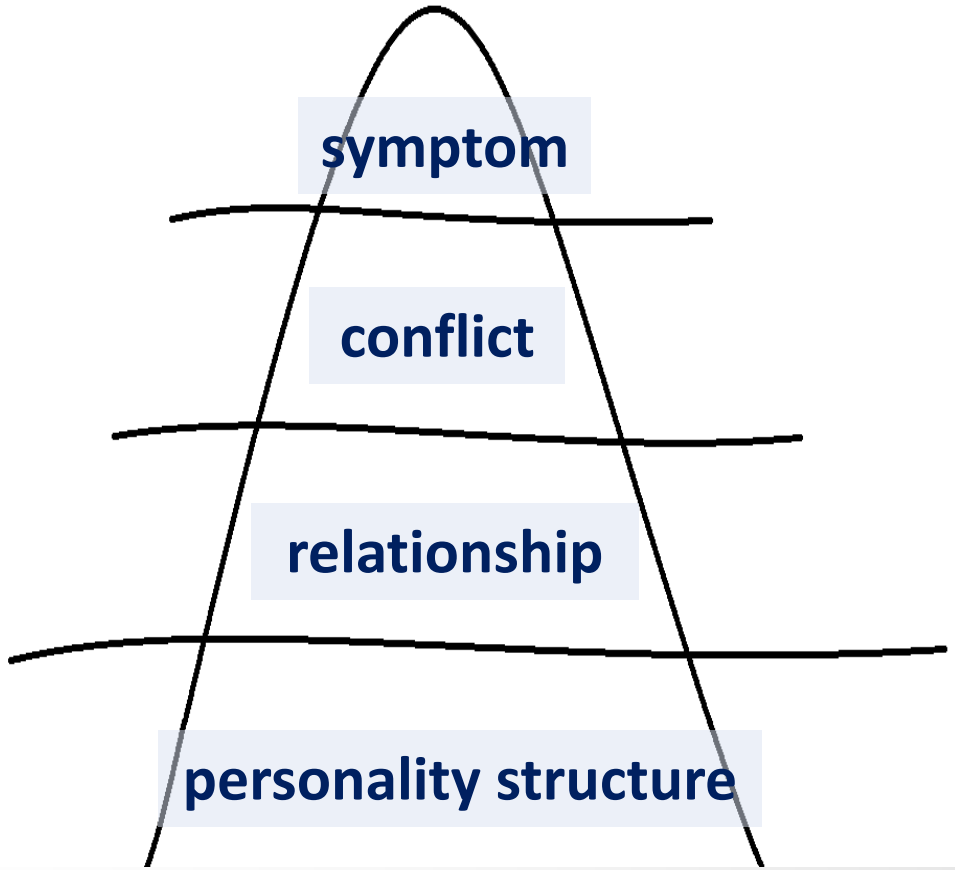
Joint Working Model of Psychiatrist and Psychotherapist

Three Stages

01 Patients have the first diagnosis and early treatment in the psychiatry department of the hospital

02 Patients get help from PPT while undergoing stable drug treatment

03 The prognosis stage of patients



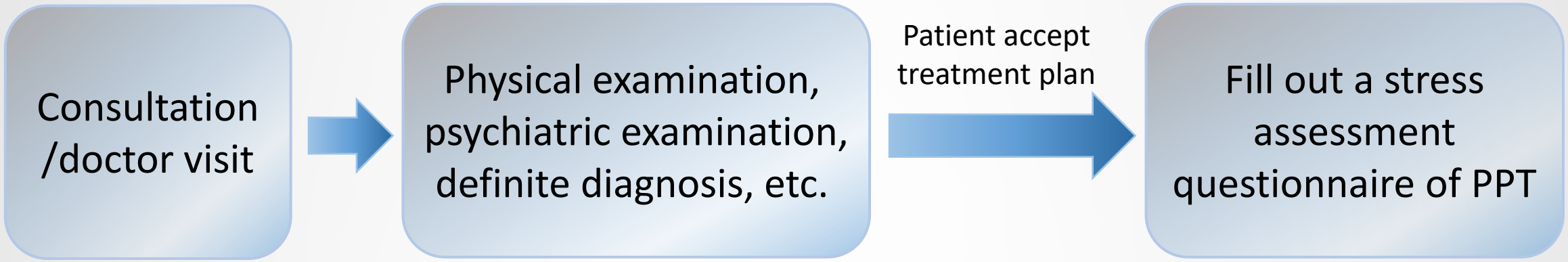
Case Sharing

- **Psychometric test**: moderate anxiety and depression

- **Drug** **Psychological education**

The 1st time: Four areas of Conflict Reaction
The 2nd time: Positive Connotation, Resources in four areas of the life
The 3rd time: Key Conflict

Working Mode of the First Stage

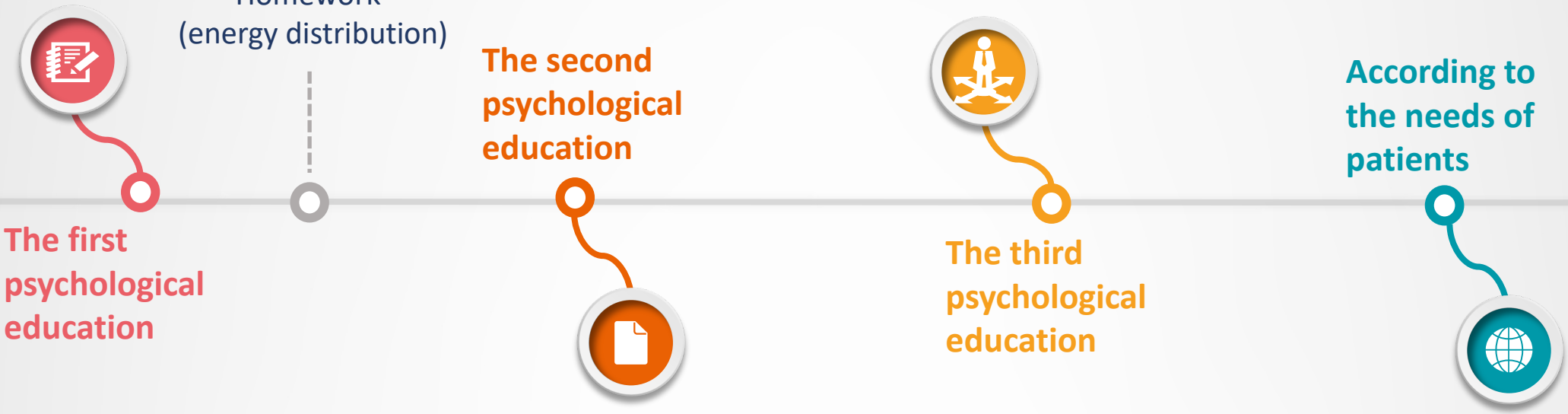


Working Mode of the First Stage

20-25 minutes interview
Ask - Listen - Inspire

Homework
(energy distribution)

- Consolidate the effect
- Benefits and obstacles in practicing the balance model
- Positive connotation
- Discover the patient's needs (listen, analyze, suggest)



The first psychological education

The second psychological education

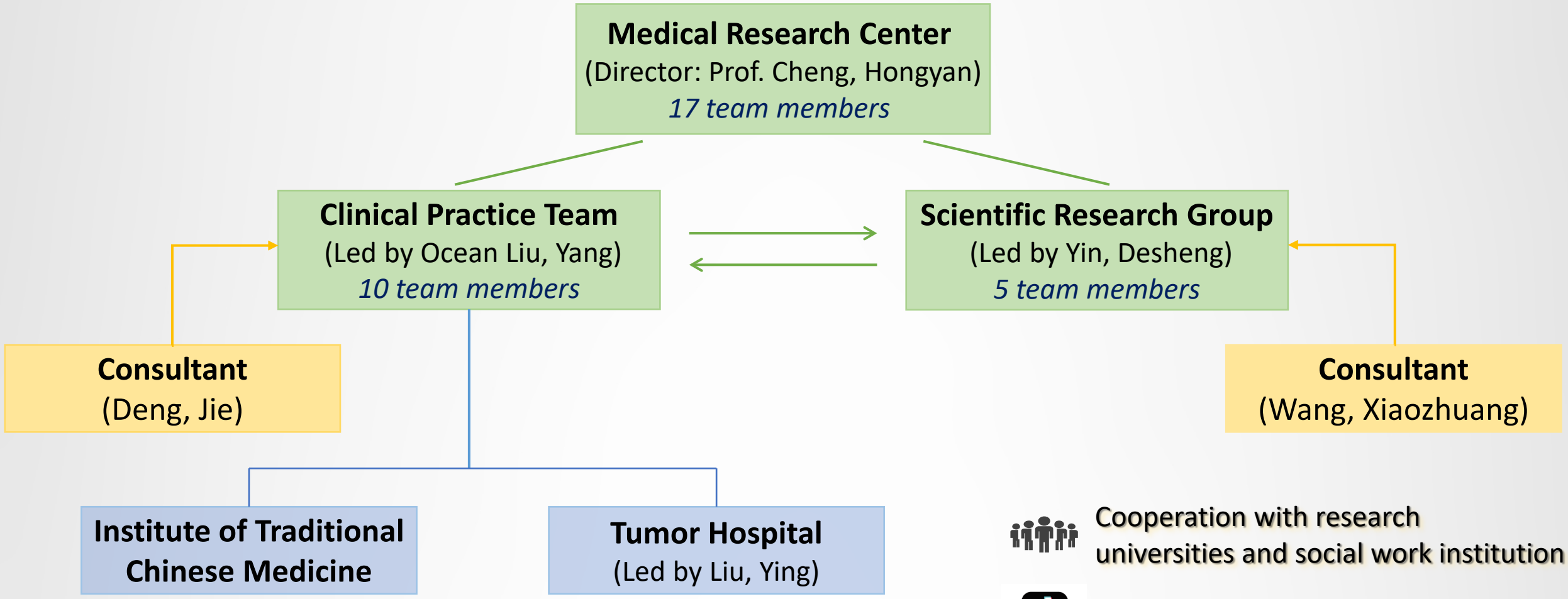
Focus on explaining the energy model

The third psychological education

According to the needs of patients

Arrange 1-4 times of psychological education

More Possibilities for Cooperation



Q&A and Discussion

Thank you!

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