



CLINICAL PSYCHOLOGY IN GP ROOMS

A Department of Health and Ageing funded Project

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CLINICAL PSYCHOLOGY IN GP ROOMS: BACKGROUND

Project developed by Robyn Vines at CSU

Aims:

- evaluate collaborative service delivery model involving GPs and Clinical Psychologists
- develop a model of early intervention
- provide training opportunities for Clinical Psychology registrars in primary care MH
- workforce development



CLINICAL PSYCHOLOGY IN GP ROOMS: BACKGROUND

Model

- **Collaborative**
(e.g., initial joint session, updates in medical records, ongoing conversations)
- **Evidence based psychological treatments**
(e.g., CBT, structured problem solving)\
- **6 sessions plus option of a further 6 if needed**
- **Supervision of registrars provided by experienced clinical psychologists**



CLINICAL PSYCHOLOGY IN GP ROOMS: PILOT PHASE

- Initial pilot phase conducted 2001-2002
- 9 general practices
(Bathurst, Ballarat, Armidale & 2 remote practices)
- Treatment and comparison groups
- Pre/Post measures - DASS, GHQ, & GWBI
- 276 patients seen by clinical psychologists / registrars

MJA 2004; 181 (2): 74-77



CLINICAL PSYCHOLOGY IN GP ROOMS: PILOT PHASE RESULTS

Intervention group

- **Pre: higher levels of psychological disturbance**
- **Post: average scores significantly improved on all measures (DASS, GHQ and GWBI)**
- **No significant difference between the intervention and the normative comparison group at follow-up**

CLINICAL PSYCHOLOGY IN GP ROOMS: PHASE 2

Aims:

- To continue to pilot and evaluate the model
- To develop materials to allow Divisions and Universities to use the model
- To promote the model



CLINICAL PSYCHOLOGY IN GP ROOMS: PHASE 2

Placements:

- Offered with assistance of General Practice Divisions Victoria (GPDV) and in association Australian Psychological Society (APS)
- 6 funded placements
(i.e., stipends for students, supervision)
- Divisions: rural & urban



CLINICAL PSYCHOLOGY IN GP ROOMS: PHASE 2

Resources to be developed – Tool kits

- **Universities:** clinical psychology registrars & supervisors
(e.g., internship description, orientation – BOiMHC/AAH, placement contracts)
- **Divisions of General Practice & General Practices**
(e.g., memorandum of understanding, protocols for students)



CLINICAL PSYCHOLOGY IN GP ROOMS: PHASE 2

What we are hoping for today?

- Feedback on your experience
- Any suggestions regarding helpful information to include in a manual for divisions and general practices
- Any other comments

