Gems

Goodfellow Gems are chosen by the Goodfellow director Dr. Bruce Arroll to be either practice changing or practice maintaining. The information is educational and not clinical advice.

Judicious antidepressant use in pregnancy
Published on: Wednesday, May 25, 2016

Is this red eye a bacterial conjunctivitis? – a user’s guide to correct treatment
Published on: Wednesday, May 11, 2016

Acne: low dose isotretinoin 10 mg daily is effective with fewer side effects
Published on: Wednesday, April 27, 2016

Head lice. Dimeticone (or dimethicone) appears superior to traditional treatments (like permethrin or malathion)
Published on: Wednesday, April 13, 2016
Goodfellow Clinics are a series of podcasts featuring topical and relevant information for health professionals.

Click on an episode title listed below and then click on the play button. You do not need to be logged in to listen to Goodfellow podcast episodes. You can also listen to the Goodfellow Clinics podcast via iTunes.

- Depression in adolescents - Sally Merry
  Date Published: 31 May 2016
  Length: 17:40

- Childhood Eczema - Paul Jarrett
  Date Published: 24 May 2016
  Length: 16:25

- Nasal Obstruction - Salil Nair
  Date Published: 18 May 2016
  Length: 25:54

- Otorrhea - Melanie Collins
  Date Published: 18 March 2016
  Length: 34:24

- Iron deficiency - Ali Jafer
  Date Published: 08 March 2016
  Length: 32:12
Continuing Medical Education
general practice and primary health care

Online Catalogue
Goodfellow Learning provides an online catalogue of material for continuing education... more

Annual Symposium
The Goodfellow Symposium is held annually in Auckland over two days and is... more

Goodfellow Events
The Goodfellow Unit holds a variety of face to face events, workshops and seminars throughout the year for... more

Goodfellow Clinics
Podcasts, Gems, Live webinars, forums, and more...

Recommended health websites
This contains links to a number of websites and resources relevant to health professionals.
Webinars

Goodfellow Webinars are online interactive live CME events featuring topical and relevant information for health professionals. Our online webinars are free to register enabling participants to attend CME events from work, home or anywhere in the world.

Most of our webinars are recorded allowing you to watch at a later date even if you are unable to attend the event live. You need to be logged in to view past Goodfellow webinar events.

Professional development points are available for attending all Goodfellow webinars.

Previous Webinars

The archive list below contains videos, slides and resource links from previous webinars. Click on a title to see resources available from that webinar.

- **Webinar: Nutrition made easy**
  - Event Date:
  - Wednesday, May 4, 2016

- **Webinar: TIA/Stroke Management in Primary Care - Anna Ranta**
  - Event Date:
  - Tuesday, December 1, 2015

- **Webinar: Red rash made easy - Paul Jarrett**
  - Event Date:
  - Monday, October 19, 2015
Yakima, WA
Kirk Strosahl PhD Yakima
today

- stuff on ACT
- case of “stuck”
- ACT skills for diabetic patient
why ACT for primary care

- simple to learn.
- 6 tools (open, aware, engage)
- effective: mental health
- physical health: diabetes, smoke, pain
- trans-diagnostic
- 150 rcts
why ACT

• view patient thru lens of flexibility
• workability – creative hopelessness
• how will we know you have achieved X
• outcomes are changes in behaviour
• goal is more flexible life not “better”
how it works

- normal language & cognitive processes are destructive and amplify or exacerbate normal processes into pathological suffering
- our brains try and problem solve
- brain aim to keep alive
- ok for outside but not inside
how it works

- psychological flexibility: the ability to be in the present moment with full awareness and openness to experience and to take action guided by values.
Living in the Past or in the Future

Experiential Avoidance of TEAMS

Fusion with TEAMS and Unworkable Rules

Stuck in a Limiting Self-Story

Suffering and Psychological Rigidity

Weak Connection with Valued Directions in Life

Passivity or Self-Defeating Action or Inaction
Psychological Flexibility

Able to Experience the Present Moment

Able to Accept Distressing TEAMS

Defuse from TEAMS and Unworkable Rules

Able to Take Perspective on Self and Self-Story

Strong Connection with Values

Able to Sustain Values-Consistent Action

OPEN

AWARE

ENGAGED
how it works

away:
not open or aware

towards:
is engaged
Case 53 yr woman 23 minutes

- PHQ 9 16
- gad 10
Case 53 yr woman 23 minutes

- focussed questions
- creative hopelessness
Case 53 yr woman 23 minutes

“I didn’t do any of the exercises you gave me and I don’t feel any better at all.”
Case 53 yr woman 23 minutes

- work-love-love-love-play
- work/love/l/l/play 3/8/1/10/3
- no delete button talk
Case 53 yr woman 23 minutes

• present moment:
  – notice name navigate
• values and new actions
• likelihood of doing actions
7 steps

- What are you seeking 0.00
- What have you tried 1.44
- What has this cost you 2.43
- What situations being avoided 3.01
- What kind of life -choose 3.52
- If you could change next week 4.10
- Creative hopelessness 4.57
- Work love play 6.16
7 steps

- Name stress 12.32 (undervalued)
- No delete button 13.24
- Mindful anchor 14.25
- Values 16.03
- Tasks – contact friends 17.15
- Likelihood of action 18.58
- Retrain brain story 20.08
- Explain why Anchor 21.53
summary

• constriction in life → mental health
• stuck
• avoiding friends
• work love play
• creative hopelessness – not working
summary

• name - undervalued
• mindful anchor
• feels this way as cares
• task- make contact with friends
• likelihood of action
summary

• 1 week later
• PHQ 9 = 3
• GAD = 3
• has the venlafaxine kicked in
how it works

away:
not open or aware

towards:
is engaged
issues

- life constriction
- diagnosis is the distraction
- problem solving is the problem
- workability
- creative hopelessness
- activities being avoided - working hard
- tasks and likelihood (behaviour)
ACT for man with diabetes

- 40 yr old maori man
- type 1 diabetic, smoker
- retinopathy, proteinopathy
- presents with tinnitus NAD
ACT for man with diabetes

- how are things going with diabetes
- skirts question
- night shift 12 hours
- drinks soft drink
- wife a nutritionist
- sick of being told to quit smoking
ACT for man with diabetes

- is there something you could change
- start eating properly
- likelihood of that 6/10
- thinking of quitting job → day job
- when move ? anxious
ACT for man with diabetes

- values: wife son and father
- disconnect: values and self care
- what could you change next week
- insulin 8/10
ACT skills

- creative hopelessness
- values – link to condition
- score /10
long term

- future courses/work
- other resources
  - F to F courses- Harris; Maher (NZ)
  - online courses- Harris
  - Podcasts act in context; taking hurt to hope
  - Books
mail list

- put name on list
- send occasional notices on resources
- courses
- robyn walser 8/9th august
Acknowledgments
Real Behavior Change in Primary Care
IMPROVING PATIENT OUTCOMES & INCREASING JOB SATISFACTION

PATRICIA J. ROBINSON, PH.D.
DEBRA A. GOULD, MD, MPH
KIRK D. STROSAIL, PH.D.
An Easy-to-Read Primer on Acceptance and Commitment Therapy

ACT made simple

A quick-start guide to ACT basics and beyond

- Understand & apply the six core processes of ACT
- Create your own mindfulness techniques
- Overcome resistance & motivate the unmotivated
- Learn tools for profound life change
- Build powerful therapeutic relationships

RUSS HARRIS
author of The Happiness Trap
Foreword by STEVEN C. HAYES, PH.D.