

The Nature and Management of Depression in Chronic Illness Third Annual Hidradenitis Suppurativa Conference (June 2006)

Craig N. Sawchuk, Ph.D.
Department of Psychiatry and Behavioral Sciences
University of Washington School of Medicine

Workbooks, Self-Help, and Website Resources

The following workbooks are available on amazon.com and barnesandnoble.com:

Depression

Feeling Good: The New Mood Therapy (Burns, 1999) - @\$8.00

Mind Over Mood: Change How You Feel by Changing the Way You Think (Greenberger & Padesky, 1995) - @\$15.00

<http://www.nimh.nih.gov/healthinformation/depressionmenu.cfm>

<http://www.dbsalliance.org/>

Stress/Anxiety

The Relaxation and Stress Reduction Workbook – 5th edition (Davis, McKay, & Eshelman, 2000) - @\$14.00

The Shyness and Social Anxiety Workbook: Proven Techniques for Overcoming Your Fears (Antony & Swinson, 2000) - @\$12.00

Managing Social Anxiety: A Cognitive Behavioral Therapy Approach – Client Workbook (Hope, Heimberg, Juster, & Turk, 2001) - @\$29.00

Mastery of Your Anxiety and Worry – Client Workbook (Craske & Barlow, 2006) - @\$29.00

Mastery of Your Anxiety and Panic – Client Workbook (Craske & Barlow, 1999) - @\$29.00

<http://www.nimh.nih.gov/healthinformation/anxietymenu.cfm>

www.anxieties.com

www.adaa.org

Pain

Managing Pain Before It Manages You (Caudill-Slosberg, 2001) - @20.00

The Pain Survival Guide: How to Reclaim Your Life (Turk & Winter, 2005) - @\$13.00

http://painconsortium.nih.gov/pain_index.html

http://www.webmd.com/diseases_and_conditions/pain.htm

Mental Health Referral Options

WA State

David Markley, Ph.D.: 206-329-5255 x314

Stacy Prince, Ph.D.: 206-329-5255 x301

Russell Hanford, Ph.D.: 206-409-9613

Stacy Welch, Ph.D.: 206-374-0109

Jonathan Bricker, Ph.D.: 206-667-5074

University of Washington Outpatient Psychiatry Center: 206-598-7792

WA State Psychiatric Association Referral Line: 206-367-8704; www.wapsychiatry.org

WA State Psychological Association Referral Line: 800-275-9772; www.wapsych.org/index.cfm

OR State

Allan Cordova, Ph.D. (The Children's Program): 503-452-8002

Ricks Warren, Ph.D. (Anxiety Disorders Clinic): 503-635-8710

OR State Psychological Association: <http://www.opa.org/displaycommon.cfm?an=1&subarticlenbr=7>

Questions for Insurance Carriers about Your Mental Health Benefits

Below are questions that may be helpful to you when speaking with your insurance carrier about your outpatient mental health benefits/coverage. Remember to have your insurance card or coverage plan identification number with you at the time of the call.

1. Do I have outpatient mental health benefits? If YES, then:
2. How many outpatient therapy sessions are allowed each calendar year?
3. Do I have to pay a yearly deductible? If so, how much will that cost?
4. Do I have to make a co-payment during my visits? If so, how much will that cost?
5. Is there a list of preferred (in-network) providers that are covered by my insurance plan?
If YES, then: Can you send me a list of those providers? Is this available on the web?
6. What is the cost of seeing a therapist who is not a preferred provider (out-of-network) under my plan?
7. Do I need a primary care referral in order to start using my outpatient psychotherapy visits?

Questions for Potential Mental Health Providers

Below are questions that may be helpful to you when speaking to a mental health provider prior to starting services. Always keep in mind that you are a consumer, so the time and effort you put into “shopping around” is a good investment to obtain higher quality services. Remember to have your insurance card or coverage plan identification number with you at the time of the call.

[Introduce yourself and briefly describe where you received their contact information (e.g., referral from your primary care physician; noted on your list of preferred providers from your insurance carrier; yellow pages; etc). Briefly and generally state the reason you are seeking therapy services at this time]

1. Are you accepting new patients/clients at this time?

If NO, then ask if they would recommend other provider(s) with a similar level of expertise in the local community.

If YES, then:
2. Do you accept the following mental health insurance plan [state insurance plan]?
3. Approximately how many years have you been in practice?
4. What are your areas of clinical expertise?
5. In general, how might you approach helping me with my situation?