



MIMIND

Live Webinar



PROBLEM-SOLVING THERAPY IN PRIMARY CARE SETTINGS

Speaker

**DEBBRA SNYDER, MS,
LLP, CAADC, CCS**

*Project Manager, PRISM
Michigan Medicine
Psychiatry*

 Noon ET
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More Information

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DISCUSSION & INSIGHTS

WEBINAR SUMMARY

This webinar will discuss Problem-Solving Therapy, a brief, evidence-based, cognitive-behavioral intervention for treating depression and anxiety. It aims to improve the patient's ability to cope with stressful life experiences through the adoption of a realistic view of problems, understanding the role of emotions, learning to identify barriers, and creatively develop an action plan. This technique is well suited to primary care settings due to it being time efficient, structured, and patient-centered.

ABOUT THE SPEAKER

Debra Snyder is a Project Manager for the PRISM team, within Michigan Medicine Psychiatry Department. In addition to traditional project management roles, she also works as a Training and Implementation Specialist, assessing, training, and supporting primary care and specialty care practices in the Collaborative Care Model (CoCM) of integrated health. Debra is a behavioral psychologist, specializing in working with adults and adolescents with behavioral health disorders, with a focus on substance use disorders and the incarcerated population.