

Problem Solving Education

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TEAM UP Special Topics Forum

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Agenda

- PSE Background
- PSE Overview
 - The 7 Steps of PSE
- Role play presentation
- Reflections and feedback from group
- Next steps and PSE usage
 - How would you use PSE with a patient/family?

Focus on Depression Prevention

- IOM report, *Depression in Parents, Parenting and Children (2009)*, highlighted importance of developing innovative strategies to prevent depression in caregivers
- Recommendation based on
 - Impact of parental depression on child outcomes
 - Increased prevalence of depression among caregivers of vulnerable children
 - Evidence that approximately 22% of major depressive episodes can be prevented. (Cuijpers, 2008)

Focus on Populations at Risk for Depression

Specific risks:

- Extensive family history of depression, especially caregivers
- Prior history of depression
- Cognitive style
- Bereavement

General (Risks for many disorders)

- Exposure to trauma
- Poverty
- Social isolation
- Job loss
- Unemployment
- Family breakup
- Loss of community
- Dislocation / immigration
- Historical trauma

Impacts of Depression

- Symptoms:
 - lack of motivation/low energy, disrupted sleep, difficulty with attention and focus, irritability
- Impact on children of depressed caregivers
 - Behavioral dysregulation in infants and young children
 - Poor self-control, interpersonal skills; increased irritability, sleep problems
 - Increased risk of mental health disorders
- Poor utilization of services
 - Challenges engaging patients and families
 - Missed preventive appointments, overuse of urgent care/ED

Maternal Depression: Improvements in Child Well-Being

- Until 2006, no reliable data to indicate that treating maternal depression improves child outcomes
- Star*D Report (JAMA, March 2006)

Children with affective, anxiety or disruptive behavior disorders	Maternal Remission (n=38)	No Maternal Remission (n=76)
Overall rate of diagnosis	Down 12%	Up 7%
Remission from known diagnosis	33%	12%
New diagnosis	0%	17%

Depression Treatment vs Prevention

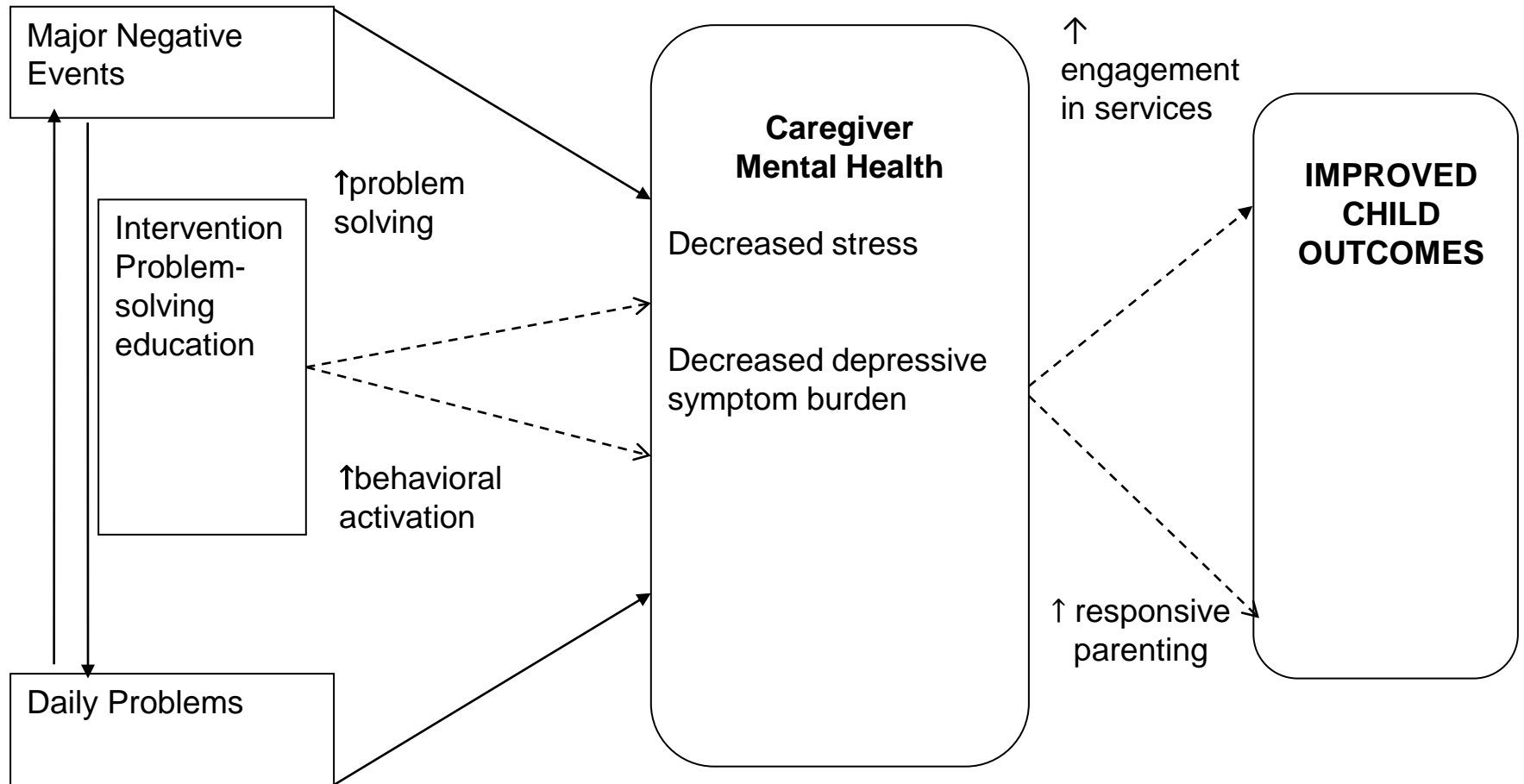
PSE is NOT depression treatment!

- PSE is about:
 - Preventing increase in stress and depression symptoms
 - Improving functioning
 - Helping caregivers feel less overwhelmed and more in control
 - Empowering caregivers
 - Promoting wellbeing of children & families

Core Concepts of Prevention

1. Prevention requires a paradigm shift
2. Mental health and physical health are inseparable
3. Successful prevention is inherently interdisciplinary
4. Mental, emotional, and behavioral disorders are developmental
5. Developmental perspective is key
6. Coordinated community level systems are needed to support children and families

Problem Solving Education Theoretical Model



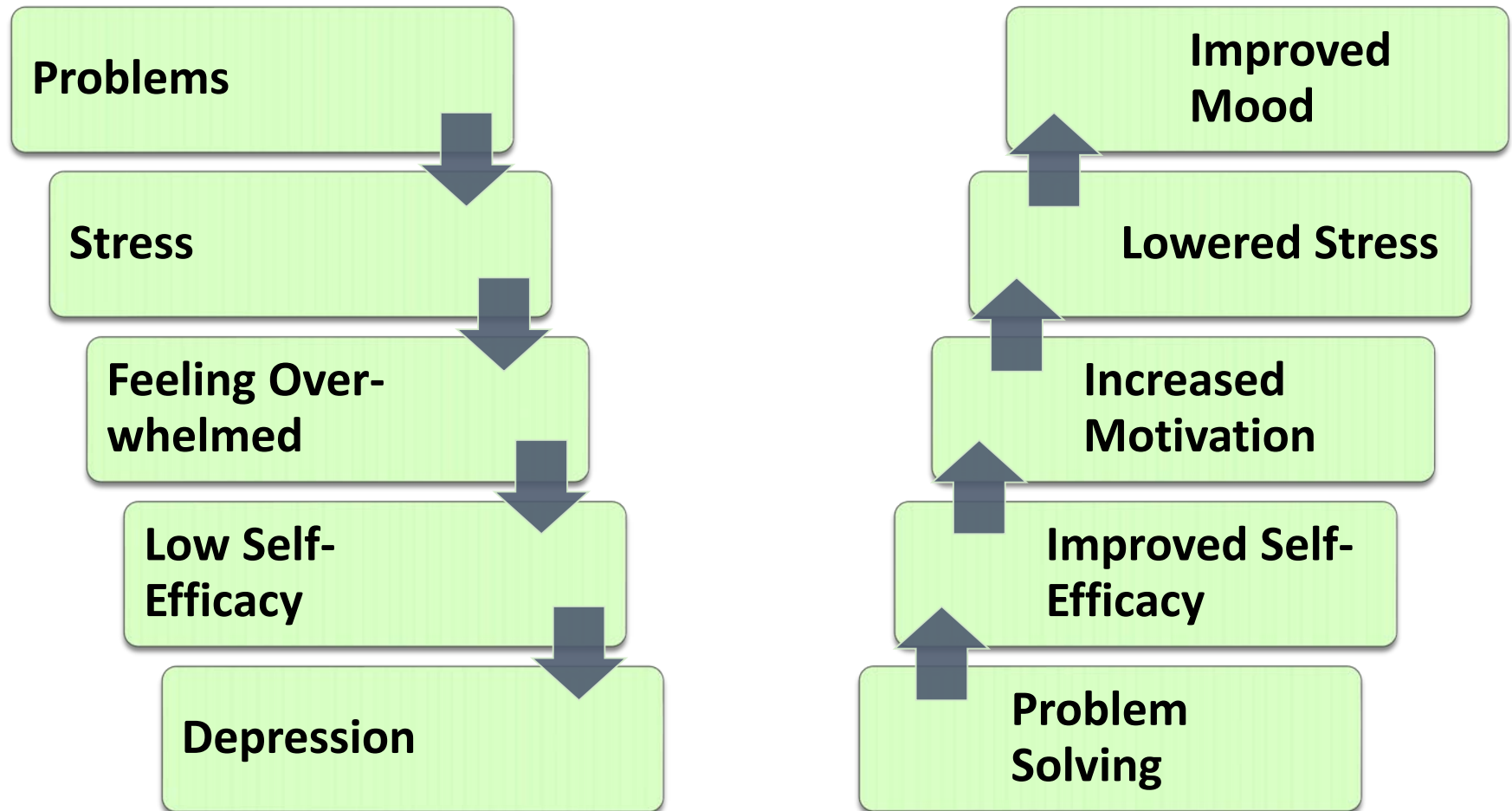
Depression, Problems, and Problem Solving Skills

1. Weak problem solving skills predispose us to depression.
2. Daily life problems are more closely linked to depression than big adverse events.
3. Once depressed, problems become more difficult to resolve.

Strengthening Problem Solving Skills

- Problem solving skills aim to renew a sense of control over problems.
- Problem solving skills can be used to reduce stress and prevent depression in the future.
- Problem solving skills aim for
 - Behavioral activation
 - Increased mastery, self-efficacy, and self esteem

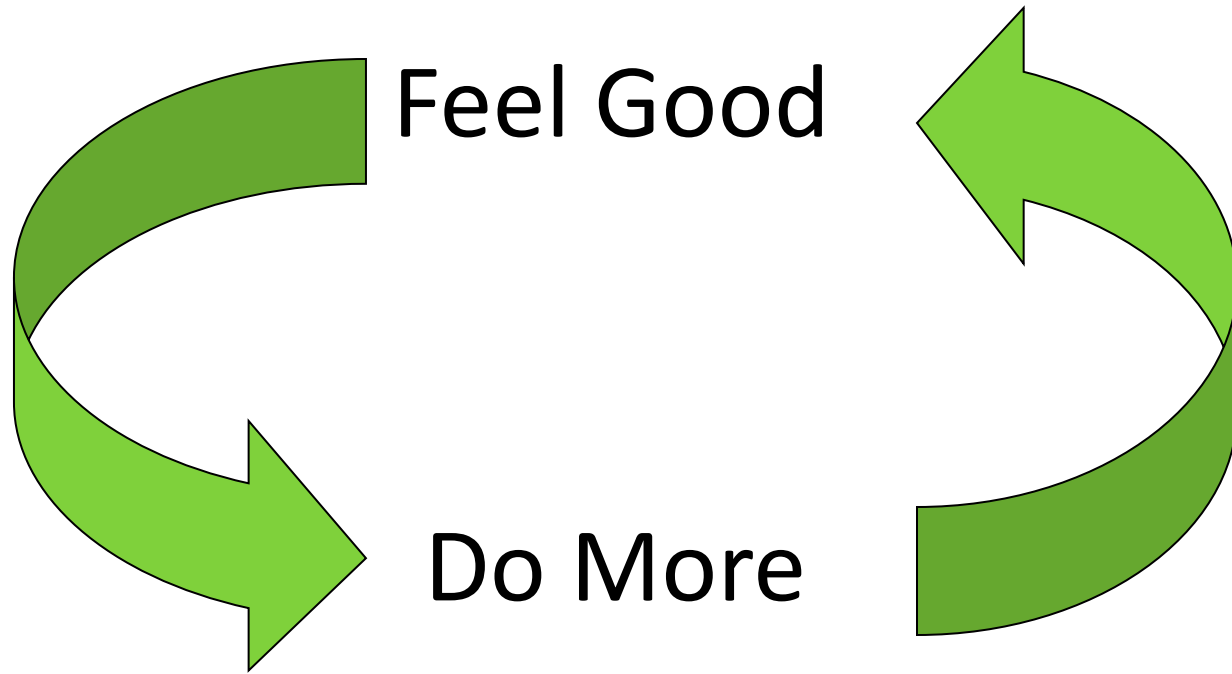
Problem Solving, Self-Efficacy and Depression



Downward Spiral of Depression



Problem Solving Education



Four Principal Goals of PSE

- 1) Increase understanding of the link between current problems, stress, and depression risk
- 2) Define problems and set concrete, realistic goals
- 3) Teach a systematic problem-solving strategy
- 4) Promote behavioral activation with concrete tasks including pleasant social and physical activities

Motivational Interviewing

Mini skills

- Open-ended questions
- Affirmations
- Reflections
- Summary

Major concepts

- Elicit ideas from client
- Explore ambivalence
- Listen for change talk!

Session 1: The Ideal Scenario

A. Introducing PSE
(5 minutes)

B. Agenda Setting
(10 minutes)

C. Conducting PSE Session 1
(20 minutes)

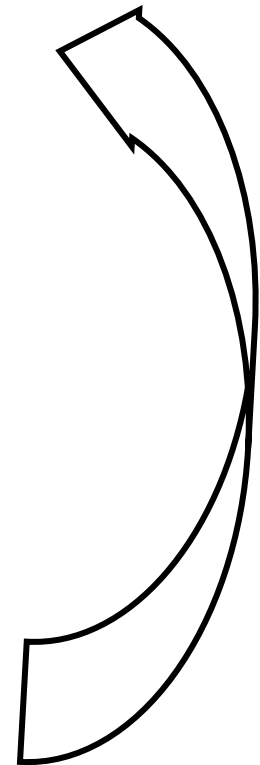
D. Closing PSE Session

Introducing PSE and Setting Agenda

- Five Main Tasks:
 - Explain the structure of PSE
 - Why should we use problem-solving?
 - Explain the link between problems and feelings
 - Describe the 7 steps of PSE
 - Explain pleasant activities and behavioral activation
- Have a conversation and understand the family's life:
 - *Walk me through a typical day for you and your family.*
- Stay focused in the present
 - What is currently important for you and your family?
- Target current stressors

The 7 Steps of a PSE Session

1. Exploring the Problem
2. Setting a Realistic Goal
3. Brainstorming Solutions
4. Examining Pros and Cons
5. Choosing the Solution
6. Making an Action Plan
7. Reviewing Tasks from last session



☐ Home
☐ Clinic: _____
☐ Other: _____

Client: _____ Date: _____ Visit #: _____ Time Started: _____:____am/pm

PSE Steps

Step 1. Problem: _____

What's stressing you out?
 What have you tried already?
 What have other people suggested?
 Can you take a picture of this problem?
 Is the problem observable and measurable?

What is keeping you from _____?
 What is getting in the way?
 If this problem went away...
 What would you like to see change?
 What would be the first step in this process?
 What could you do within a week to make some of those changes happen?

Step 2. Goal: _____

Step 3. Brainstorm solutions**Step 4. Pros versus Cons**

a)	a) Pros (+) What makes this a good solution?	a) Cons (-)	A Little	Medium	A Lot
		Effort			
		Time			
		Money			
		Emotional Impact			
		Involving Others			
b)	b) Pros (+) What makes this a good solution?	b) Cons (-)	A Little	Medium	A Lot
		Effort			
		Time			
		Money			
		Emotional Impact			
		Involving Others			
c)	c) Pros (+) What makes this a good solution?	c) Cons (-)	A Little	Medium	A Lot
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		Involving Others			
d)	d) Pros (+) What makes this a good solution?	d) Cons (-)	A Little	Medium	A Lot
		Effort			
		Time			
		Money			
		Emotional Impact			
		Involving Others			
e)	e) Pros (+) What makes this a good solution?	e) Cons (-)	A Little	Medium	A Lot
		Effort			
		Time			
		Money			
		Emotional Impact			
		Involving Others			

Step 5. Choice of Solution:

Review Previous Step

Pleasant Activities

Plan B? Name at least 2 activities.

Step 6. Action Plan (Steps to achieve solution): What, Where, When, Who, How; Anticipate Obstacles

- a). _____
- b). _____
- c). _____
- d). _____

Notes (for Educator Use only):

If not completed, session ended because: ☐ Attend to child ☐ Time ran out

Session completed: ☐ Yes ☐ No

Next Appointment: _____ Time Ended: _____:____am/pm

Step 7. Review Of Progress During Previous Week

Write down the tasks you completed.	Praise Success!	Pleasant Daily Activities (List Activities completed.)
Rate how satisfied you felt with your effort 0 1 2 3 4 5 6 7 8 9 10 (0= Not at all; 10 = Extremely)	Rate how satisfied doing the pleasant activity made you feel 0 1 2 3 4 5 6 7 8 9 10 (0= Not at all; 10 = Extremely)	
Was the problem solved? <input type="checkbox"/> Yes <input type="checkbox"/> Not yet		
Since our last visit, how much have you been bothered by feeling anxious, depressed, irritable, or downhearted and blue? <input type="checkbox"/> PHQ-9 Completed: circle session: 2, 4, 6 Date: ____/____/____ Not at all Slightly Moderately Quite a bit Extremely Reinforce PSE: "Do more, feel better!"		

PSE Steps

Step 1. Problem: _____
 What's stressing you out?
 What have you tried already?
 What have other people suggested?
 Can you take a picture of this problem?
 Is the problem observable and measurable?
 What is keeping you from _____?
 What is getting in the way?
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Step 3. Brainstorm solutions

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		Involving Others			
Step 5. Choice of Solution:		Review Previous Steps!			
Step 6. Action Plan (Steps to achieve solution): What, Where, When, Who, How; Anticipate Obstacles		Pleasant Activities			
a).		Plan B? Name at least 2 activities.			
b).					
c).					
d).					
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Session completed: <input type="checkbox"/> Yes <input type="checkbox"/> No		Next Appointment: _____ Time Ended: _____ am/pm			

Step 1: Exploring the Problem

- Explore and clarify:
 - Who, What, Where, When, Why?
 - What have you already tried?
 - What have your friends suggested you try?
- Break down complex problems
- Must be observable and measurable:
 - Ask self: “Can I picture this?”
 - Think function
 - “I stay home alone” is objective.
- Must be controllable
 - Patient must have control in the matter
 - Symptoms (e.g., “unhappy”) are not directly controllable
 - “Staying home alone” can be directly changed

Step 2: Setting a Realistic Goal

- Follows directly from the problem definition
 - “If the problem weren’t there, how would things be different?”
 - When needed, start with the goal and work backwards to identify a problem
- Goal must be observable and measurable
 - Improved self-esteem is not objective.
 - Going out with friends is objective.
- Goal must be achievable
 - i.e., prior to next visit
 - Either they met the goal or they didn’t

Step 3: Brainstorming Solutions

- It's all about attitude!
 - Dream big!
- Number is more important than quality
 - The more solutions you have, the better chance that one will work
- Combine and modify Ideas
- *What else?*-- then be quiet
- Solutions come from client
 - *What would your friends suggest?*
- Withhold judgment

Step 4: Examining Pros

- Go through each solution, identifying the pros
- Ask open-ended questions
 - *What makes this a good solution?*
 - *What's good about this option?*

Step 4: Rating and Comparing Cons

	A Little	Medium	A Lot
Effort	X		
Time		X	
Money	<i>(None)</i>		
Involving Others			X
Negative Emotional Impact		X	

Step 5: Choosing the Solution

- Review pros and cons between solutions
- Solution must satisfy the goal
- Review the rationale for their choice
 - Develop a discrepancy: does the choice reflect the solution pros and cons?
- Give information to help them get started!
 - Here is your chance to give information
- Limit negative impact - avoid failure if you can help it

Step 6: Making an Action Plan: Implementing the Preferred Solution(s)

- Specific tasks identified:
 - Where, When, How, Who...
- Anticipate obstacles
 - Create a “Plan B”
- Realistic behavior requirements
- Plan pleasant activities, socializing and physical activity

Step 7: Review Tasks from Last Session

- Review all tasks set by client during the last session
- Reinforce success!
- Explore failure: use MI skills: OARS and Rulers
 - Low motivation?
 - Inappropriate goals?
 - Wrong choice of solution?
 - Unforeseen obstacles?
- Rate satisfaction with effort on task & pleasant activity
- Rate mood (using faces)
- Reinforce the rationale for continued problem solving

Ending a session

- Review – from the top
 - Problem, goal, chosen solution, action plan, pleasant activities
- Elicit feedback
 - Use a ruler to assess readiness or confidence
 - Ask why not a *lower* number to elicit reasons for change and ability
 - Ask what could be done to *increase* number to elicit ways to address barriers
- Thank and schedule

PSE Style: It's all about the process!

- Keep a running commentary of what is happening in session
 - Cue client to each step of the process
 - Summarize process at end of session
- Remember, PSE is about strengthening problem-solving skills
- Gradually turn over the process of running PSE sessions to the client

Role Play Presentation

Follow up PSE Session

Closing the session

Next Steps

- *Implementation into clinic setting*
 - *Which families get PSE and why?*
 - *Adapting PSE model to your practice*

Questions or Comments?

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