

What is Therapy?

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SHS Behavioral Medicine



Agenda

- When to seek treatment
- Walking into the therapy office
- Specific to medical students
- Common myths of therapy
- Mental health treatment at BU



When might therapy be recommended?

Changes in
Mood

Changes in
Appetite

Difficulty with
Sleep

Unhelpful
Thought
Patterns

Life event or
transitions

Social
Isolation

Substance
Misuse



Checking in
with yourself:

The PLEASE
acronym

PL = Treat Physical Illness

E = Balanced and Healthy Eating

A = Avoid Mood Altering Substances

S = Sleep

E = Exercise/ Your Environment

What is Therapy: Course of Treatment

Making a connection

Initial assessment

Identifying goals

Work phase

Maintenance

Termination



Medical Students: MH Risk Factors

- 27% experience depression
- 34 % experience anxiety
- 11% experience suicidal ideation
- 3x as likely to die by suicide as peers

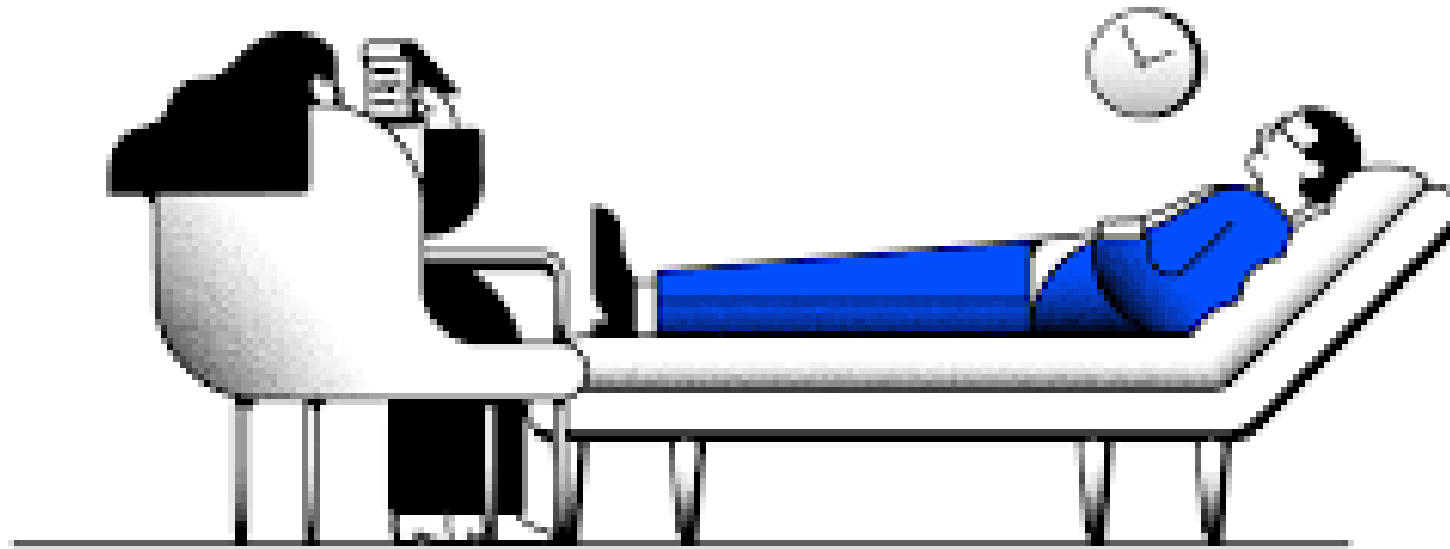


Medical Students: Barriers to Accessing Care

- Worry about provider affiliation with school
- Fear of negative effect on residency/career opportunities
- Fear of confidentiality breach
- Stigma and fear of shaming from peers
- Lack of perceived seriousness/normalization of symptoms
- Lack of time
- Fear of documentation on academic record



Myths about therapy- A Discussion



BEHAVIORAL MEDICINE

Part of SHS, Behavioral Medicine offers a range of confidential services to support students' mental health and emotional wellbeing.



SERVICES PROVIDED:

- Therapy
- Psychiatry/ Medication Management
- [Support & skills groups](#)
- [Connection to community resources](#)
- Emergency access/ On-call 24/7
- Outreach and prevention initiatives

Virtual or in-
person
appointments

24/7
Emergency
Services

Consultation
with Faculty/Staff

Questions?



Helpful Skills

The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.



“3 good things” reflection

