AMERICAN PSYCHOLOGICAL ASSOCIATION SERVICES, INC.

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2020 Health Behavior Assessment and Intervention *Billing and Coding Guide*

ADDENDUM B

Glossary/Reliable Sources for Technical Terms

Behavioral activation: an intervention that explicitly aims to increase an individual's engagement in valued life activities through guided goal setting to bring about improvements in thoughts, mood, and quality of life. See also graded activation.

Cognitive restructuring: a technique used in cognitive therapy and cognitive behavior therapy to help the client identify his or her self-defeating beliefs or cognitive distortions, refute them, and then modify them so that they are adaptive and reasonable.

Contingency management: in behavior therapy, a technique in which a reinforcement, or reward, is given each time the desired behavior is performed. See also operant behavior therapy.

Coping skills training: therapy or educational interventions to increase an individual's ability to manage a variety of often uncomfortable or anxiety-provoking situations, ranging from relatively normal or situational problems (e.g., test taking, divorce) to diagnosed disorders (e.g., phobias). The types of skills taught are tailored to the situation and can involve increasing cognitive, behavioral, and affective proficiencies.

Dysphoria: a mood characterized by generalized discontent and agitation. **dysphoric** *adj.*

Family communication training: therapy or educational interventions to improve the way verbal and non-verbal information is exchanged between family members.

Functional family therapy/treatment: a type of family therapy that focuses on family interaction patterns and on the benefits family members may derive from problem behavior, often using reframing and cognitive behavior therapy methods.

Graded activation: an intervention where patients are instructed to safely break the cycle of inactivity and deconditioning by engaging in activity in a controlled and time-limited fashion. In this manner, patients can gradually increase the length of time and intensity of activity to improve functioning.

Health behavior assessment: includes evaluation of the patient's responses to disease, illness or injury, outlook, coping strategies, motivation, and adherence to medical treatment. Assessment is conducted through health focused clinical interviews, observation, and clinical decision making.

Health behavior intervention: includes promotion of functional improvement, minimization of psychological or psychosocial barriers to recovery, and management of and improved coping with medical conditions. These services emphasize active patient/family engagement and involvement.

Motivational interviewing: a client-centered yet directive approach for facilitating change by helping people to resolve ambivalence and find intrinsic reasons for making needed behavior change. Originally designed for people with substance use disorders, motivational interviewing is now broadly applied in health care, psychotherapy, correctional, and counseling settings. It is particularly applicable when low intrinsic motivation for change is an obstacle. Rather than advocating for and suggesting methods for change, this approach seeks to elicit the client's own goals, values, and motivation for change and to negotiate appropriate methods for achieving it. See also motivational enhancement therapy.

Operant behavior therapy: a type of behavior therapy based on the principles of operant conditioning where the strength of a behavior is modified by reinforcement or punishment.

Pacing techniques: an intervention strategy whereby a patient increases their level of activity gradually allowing for a balance between activity and rest/recovery with a goal of increasing function and reducing overall pain and fatigue.

Primary care: the basic or general health care a patient receives when he or she first seeks assistance from a health care system. General practitioners, family practitioners, internists, obstetricians, gynecologists, and pediatricians are known as primary care providers. Also called **primary health care**. Compare secondary care; tertiary care.

Problem solving skills training: an intervention that focuses on the distortions and deficiencies in cognitive processing and teaches a step-by-step approach to solving problems by directing attention to certain aspects of each problem in such a way as to lead to an effective solution. By developing problem-solving, PSST aims to lessen the frustrations that lead to disruptive behaviors. Prosocial behaviors are fostered through modeling and direct reinforcement as part of the problem-solving process. Also called **cognitive problem-solving skills training**. See also parent management training. In adults, this intervention utilizes cognitive and behavioral interventions to teach adults skills to help them apply a solution approach to other problems they may face.

Psychoeducation: systemic, didactic-psychotherapeutic interventions for informing patients and their relatives about the illness and its treatment, integrating emotional and motivational aspects to enable patients to cope with the illness and to improve its treatment adherence and efficacy.

Relaxation techniques and skills training: any therapeutic technique to induce relaxation and reduce stress. Also called **relaxation training**.

Retraining cognition (due to dementia or memory enhancement training): Therapeutic interventions that focus on cognitive function (e.g., attention, memory, reasoning, executive function, problem solving, and/or pragmatic functioning) and compensatory strategies to manage the performance of an activity (e.g., managing time or schedules, initiating, organizing, and sequencing tasks).

Specialty care: specialized health care provided by physicians whose training focused primarily in a specific field, such as neurology, cardiology, rheumatology, dermatology, oncology, orthopedics, ophthalmology, and other specialized fields.

Stimulus control: the extent to which behavior is influenced by different stimulus conditions. It can refer to different responses occurring in the presence of different stimuli or to differences in the rate, temporal organization, or topography (see also response topography) of a single response in the presence of different stimuli.

Structural family treatment/therapy: a type of family therapy that assesses the subsystems, boundaries, hierarchies, and coalitions within a family (its structure) and focuses on direct interactions between the family members (also called **enactment**) as the primary method of inducing positive change. Structural family therapy stresses that when appropriately induced to do so, families with problems will discover their own alternatives to their ineffective patterns of relating to one another.

SOURCES OF INFORMATION

- dictionary.apa.org
- www.ncbi.nlm.nih.gov
- www.hopkinsmedicine.org/patient_care/billing-insurance
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