Health Psychology Services

Health Psychology services help with symptoms and behaviors that may get in the way of a healthy lifestyle. Symptoms may include:

- Being anxious
- Sadness
- Stress
- Trouble sleeping
- Pain

First Visit
The first visit is for you and your doctor to get to know each other. Therapy works best when you are comfortable talking with the doctor. This is also a good time to talk about goals and create a plan. This visit lasts about 1 hour.

Therapy
Each person is different. The type of therapy used is based on your goals. A few therapies are:

- **Cognitive Behavioral Therapy (CBT):** Teaches you to improve thoughts, behaviors and feelings.
- **Motivational Interviewing:** Helps you work on behavioral change. This can include improving diet or exercise.
- **Acceptance and Commitment Therapy (ACT):** Helps you become aware of experiences. You are shown how to do this using acceptance and mindfulness.
- **Interpersonal Therapy:** Helps you improve relationships.
- **Mindfulness-based treatment:** Teaches you to focus on present experiences without judgment.
- **Biofeedback:** Helps you become aware of and control some bodily functions. These may include temperature, heart rate and breathing. This method can teach you to change your body’s normal response to stress, worry, pain and other feelings.

For more information, ask a member of your health care team for a referral for an Integrative Medicine consultation.

Integrative Medicine Center
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