

Health Psychology Services

Health Psychology may help you with healthy lifestyle changes, such as starting an exercise routine, improving your nutrition habits, or getting better sleep.

Health Psychology can also help to manage symptoms that interfere with a healthy lifestyle, including:

- Anxiety or nervousness
- Sadness or depression
- 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 your doctor. This is also a good time to talk about goals and create a plan. This visit lasts about 1 hour. Follow-up visits each last about 45 minutes.

Therapy

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

- **Cognitive behavioral therapy (CBT):** This therapy teaches you to take action on changes that you want to make in your life. It can also improve how you think and your mood.
- **Motivational interviewing:** This helps you to focus on your motivations for change, such as with diet and exercise.
- **Acceptance and commitment therapy (ACT):** This type of therapy helps to improve mood by increasing acceptance and mindfulness.
- **Interpersonal therapy:** This helps you improve relationships by talking about communication patterns and assertiveness.
- **Mindfulness-based treatment:** This therapy method teaches you to focus on present experiences without judgment.

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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Fax: 832-750-3674

Email: use MyChart to send messages

Hours: Monday through Friday, 8 a.m. to 5 p.m.

Website: www.MDAnderson.org/IntegrativeMedCenter