



## *Dr. Arthur Nezu*

### **Solving Problems: Practical Strategies to Enhance Mental Health Outcomes in Primary Care**

Physicians are often faced with questions about how to cope with multiple behavioural mental health challenges including depression, anxiety, difficulties adhering to medical regimen, losing weight, and chronic pain. Mental health research has scientifically proven effective interventions for these conditions, however several obstacles continue to exist. Dr. Nezu has co-developed a brief psychotherapy model that effectively bridges the two frameworks allowing us to use the evidence based mental health interventions in a real-life health care setting. He will present practical interventions and frameworks that providers can use in their everyday work and settings, increasing participants efficacy and patient outcomes.

Dr. Nezu is best known for his co-development of the Problem-Solving Therapy (PST) model. PST is a cognitive behavioural clinical intervention that has been demonstrated empirically to be an evidenced-based approach for the treatment of depression and other forms of adult psychopathology. He is a professor at Drexel University in Philadelphia, Pennsylvania. Dr. Nezu has specialized and been recognized as a significant contributor in clinical psychology, clinical health psychology, and cognitive and behavioural psychology.