



Relationship Power in Health Care: Science of Behavior Change, Decision Making, and Clinician Self-Care

John B. Livingstone M.D., Joanne Gaffney R.N. LICSW

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The personal interface between clinician and patient is a misunderstood subject which can impact all areas of health care. Without adequate training in relationship science clinicians inadvertently contribute to empathic failure, poor medical decision process, difficulty changing health-related behavior, costly variation and derailment of care, extra litigation, and clinician burnout.

Relationship Power in Health Care presents new knowledge and skills that empower health care and wellness professionals to become competent facilitators of behavior and lifestyle change, information transfer, and medical decision making in collaboration with their patients.

The new approaches are supported by a wide variety of research and clinical evidence, derived from modern psychotherapy, brain biology, and the latest advances in health coaching and nursing science. Putting them to work to improve health care makes good sense both scientifically and ethically.

This comprehensive text integrates past health psychology models starting from the 1950s with recent advances made since the 1990s in relationship psychology and interpersonal neurobiology. It also **includes videos of brief medical interviews** along with analysis of the strategies and tactics used.

The tactics outlined and the interview demonstrations, conducted by a highly experienced clinical social worker and nurse Joanne Gaffney, offer a unique opportunity for all clinicians to acquire valuable skills in both clinician self-care *and* patient care.

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