

Integrated Behavioral Health at The Corvallis Clinic

Treating the Mind and Body

Frequently Asked Questions

What is an Integrated Behaviorist?

Our [integrated behaviorists](#) are licensed clinical psychologists who work alongside your primary care provider (PCP) to treat thoughts, feelings and behaviors that may be affecting your overall health. Our goal is to act as a team to ensure we are caring for both your physical and emotional health. Our behaviorists are skilled at identifying mental health problems and will help you take the next steps toward feeling better.

Who is eligible to receive these services?

[The Corvallis Clinic](#) offers this service to its patients who see providers at the [Family and Internal Medicine](#), [Obstetrics and Gynecology](#), and [Pediatrics](#) departments in the [Asbury Building](#) in Corvallis and at [Philomath Family Medicine](#).

How is this service different from traditional mental health services?

Behaviorists are not traditional psychotherapists; instead, they meet with you for a brief intervention, about five to six sessions. Their goal is to help you build skills to manage your symptoms and address the barriers that are keeping you from your health goals. When needed, a behaviorist can also help you access additional mental health services.

What should I expect when I see an integrated behaviorist?

Behaviorists are flexible and meet with you for about 20 to 30 minutes. They ask questions about your physical and emotional concerns, your behaviors, and how these symptoms might be related. A behaviorist may give you homework to help you practice new ways of thinking or new skills that could help you learn to cope with the stress in your everyday life. They can help you steer your life in the right direction.

During your appointment, the behaviorist might be called to help in triage or crisis situations or both and will do his or her best to manage your needs and those of others.

How does this service appear on my health record?

The information you share with the behaviorist will be written in your medical records. Separate mental health records are not kept.

How do I schedule an appointment with the integrated behaviorist?

Discuss with your PCP your desire to access this service. If both of you agree that a behaviorist would be helpful, call the appropriate numbers below to schedule an appointment: Please note that we require 24-hour notice to cancel an appointment.

Family and Internal Medicine patients: 541-754-1260

Obstetrics & Gynecology patients: 541-754-1267

Pediatric patients: 541-754-1278

Philomath Family Medicine patients: 541-929-2922

