

Therapeutic Alliance: the key ingredient to creating patient buy-in

- This session will demonstrate the importance of establishing a therapeutic alliance with our patient as the first treatment intervention. Jennifer will present the key steps in this process and how this impacts our patient's engagement and response to treatment. As our patient population becomes more complex and diverse, the therapeutic alliance is vital in patient-centered care. Examples will be given with regards to the provision of pain neuroscience education and psychologically informed physical therapy. This session will offer clinicians an opportunity to improve their skills with creating patient buy-in with diverse patient populations.

Jennifer Levy received her Master's Degree in Physical Therapy from Boston University in 2000. Working under a UVMMC Fund Grant, she co-developed a curriculum to educate rehabilitation therapists in psychologically informed therapy and has offered four trainings for UVM Health Network employees. Jennifer has continued her education into psychologically informed treatment by attending the International Association for the Study of Pain's World Congress on Pain in 2018 and 2022, is a member of the IASP and USASP, and is currently being trained in Pain Reprocessing Therapy. Jennifer serves as a resource to her colleagues as a Clinical Lead at UVMMC. She enjoys learning new things as part of her life journey and values having a healthy balance in her passion for work as well as for spending time with her family.