

Behavioral Medicine is the practice of applying psychological knowledge and interventions relevant to the understanding of health and illness to support traditional treatment of medical conditions. Behavioral medicine focuses on prevention, diagnosis, treatment and rehabilitation approaches to treating chronic illnesses and supporting overall health, including but not limited to the following:

- Bariatric surgery/weight management
- Diabetes
- Cardiac rehabilitation & Heart disease
- Chronic Pain management
- HIV/AIDS
- Neurological Conditions: Brain Injury, Stroke, Parkinson's Disease, MS, and Epilepsy
- Geropsychology
- Sleep disorders, and
- Functional gastrointestinal conditions.

At AIBDT, Behavioral Medicine services

- provide a collaborative relationship between the psychologist and primary care provider or medical specialists to best meet the comprehensive healthcare needs of patients,
- identify and treat mental health symptoms, such as anxiety and depression, that complicate treatment of physical health conditions, and
- assist with preventing exacerbation of physical illness, improve quality of life, improve treatment adherence, and decrease healthcare costs.