

INTERVENTION! When, Why, and How to Make the Call — Navigating Difficult Cases in Private Practice: Pros, Cons, and Pitfalls

Submission ID	3004011
Submission Type	Workshop
Topic	Addiction- Substance Use Disorders: Identifying, Diagnosing, Treating, and/or Managing
Status	Submitted
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Participant(s)	Lisa Goldfarb (Chairperson), Stephen Ross (Co-Chair), Cindy Feinberg (Presenter), Amy Swift (Presenter), Lisa Goldfarb (Moderator), Matthew Rottnek (Presenter)

SUBMISSION DETAILS

Workshop Summary Private practice psychiatrists encounter patients whose deteriorating condition and escalating risk exceed what can be safely managed in the office. The question of whether to call for an INTERVENTION — and what that even means — becomes clinically urgent. This workshop examines intervention as a clinical tool in outpatient practice. We will begin by defining "INTERVENTION." The term has been popularized by media (from reality TV to TikTok) as an aggressive, confrontational approach to a defiant patient. We will contrast this with a patient- and family-centered collaborative model. We will explore how to evaluate those who call themselves "INTERVENTIONISTS."

The workshop will then address clinical decision points: When does a situation warrant moving beyond evidence based in-office treatment? Why are clinicians reluctant to act, and what countertransference and frame-related anxieties get in the way? Who should you call? How to make the call while preserving the therapeutic relationship?

Dr. Steve Ross will present a case of ketamine and alcohol overuse; Dr. Matthew Rottnek a case of polysubstance abuse. Recovery Coach Cindy Feinberg, an interventionist, will speak to the process and its challenges. Dr. Amy Swift, Clinical Director of Silver Hill Hospital, will discuss receiving these patients into acute care, detox, and rehab.

Through case material and discussion, participants will examine the pros (safety, breaking through denial, mobilizing support), cons (rupture, premature escalation, loss of autonomy), and pitfalls (acting from anxiety, poor coordination, losing the patient), and leave with a framework for recognizing when intervention is indicated, executing it thoughtfully, and navigating the aftermath.

Workshop Interaction and Engagement Methods Skill-Building Exercises – incorporating tools such as hands-on training, quizzes, toolkits, worksheets, facilitated small group discussions or breakouts., Digital Interactivity and Audience Response Systems - We encourage engagement using

polling and audience response systems. Please inform AAP staff prior to your workshop if you wish to use one of these methods for learner engagement., Practical training and problem solving (Role play/Real play) - Presenters or prepared audience members take on various roles to practice techniques/skills., Multi-media usage - If you are considering integrating video clips or other media platforms, please inform AAP staff prior to your workshop to ensure that the room and AV are adequately set up., Case Discussion - Use of cases to engage the audience in brainstorming about diagnosis, treatment planning, clinical issues.

Interactive Plan Description Dr. Steve Ross and Dr. Matthew Rottnek will each present a clinical case involving a patient with escalating substance use heading towards self harm or acute danger, pausing at key decision points to invite audience members to vote on how to proceed. Participants will then break into small groups to work through a sample case, after which we will reconvene to debrief their experience of participating in a simulated intervention.

Writing Educational Learning Objectives

Please list at least three (3) brief learning objectives below.

Learning Objective 1 Define "intervention" and distinguish between confrontational and collaborative models, including how to evaluate qualified interventionists.

Learning Objective 2 Identify the clinical decision points and internal barriers (countertransference, liability concerns, frame anxieties) that influence when and whether to call for an intervention.

Learning Objective 3 Apply a framework for executing an intervention and managing the therapeutic relationship with the patient, family and clinicians in its aftermath.