

1. Being a novice therapist

- Additional training and new knowledge required
- Different ways of interacting with patients and acquisition of a new professional identity ('therapist' versus 'nurse')
- Working with unfamiliar skills
- Having limited range of new skills to draw upon
- Feeling (and being perceived by patient as) inexperienced in new role
- Need to establish boundaries of new role and skill set

2. Engaging patients in the therapeutic model

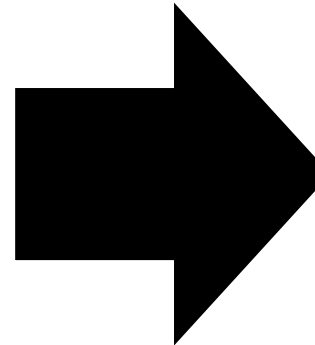
- Mismatch between patient's treatment and illness beliefs
- Rational for psychological intervention not recognised

3. Dealing with emotions

- Fear of failure of therapy
- Wider consequences of the intervention for patient
- Patient disclosure
- Managing patient's resistance to treatment
- Working with patient's emotions

4. Complexity of primary care

- Managing co-morbidity (physical and psychiatric)
- Visibility of patient's social circumstances and its impact
- Working in homes can bring chaotic environment, lack of privacy, personal insecurity, interference from family members



Strategies to manage challenges

- Withdraw from therapy
- Invest in building alliance with patient
- Be flexible
- Peer support
- Supervision and ongoing training