

Building Trust with Farmer Clients during Therapy

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OBJECTIVES

- How do you build trust in during therapy with a farmer?
- This study is a follow-up to Study 3 (i.e., now that you've got them through the door, how do you get them to return?)

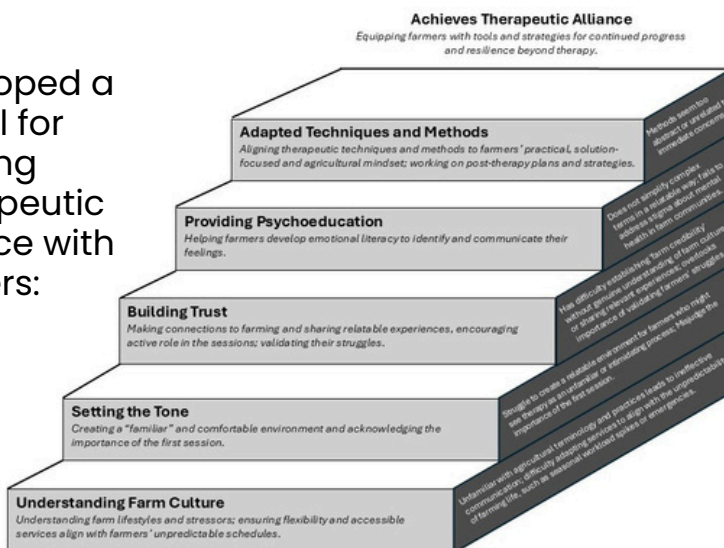
FINDINGS

- Therapists identified key issues and stressors they observed among their farmer clients:
 - Intergenerational trauma
 - Family and community problems
 - Seasonal pattern of increased substance use
 - Difficulty coping with uncontrollable factors (e.g., weather, markets)
 - Farmers struggle to identify and express emotions
 - Many seek help only when they are in crisis

METHODS

- Interviewed 25 mental healthcare professionals with farmer clients

We developed a model for building Therapeutic Alliance with farmers:



Key Takeaways

- Farmers need more mental health literacy
- More work needed to decrease mental health stigma
- Rural physicians/pharmacists are often a first contacted for help
- Takes about 3-4 sessions for farmers to get comfortable and start discussing issues
- New training program developed