

Health Psychology An Interdisciplinary Approach To Health

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The interdisciplinary approach is uniquely different from a multidisciplinary approach, which is the teaching of topics from more than one discipline in parallel to the other, nor is it a cross-disciplinary approach, where one discipline is crossed with the subject matter of another.

Interdisciplinary Approach - Advantages, Disadvantages

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Such approaches attempt to address all of a patient's needs — both medical and psychological — through the efforts of an interdisciplinary health-care team committed to an integrated care model. Integrated care is not entirely new.

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