

Phases of a 30-Minute Appointment

1. Introduction of behavioral health consultation service (1-2 minutes)
 2. Identifying/Clarifying consultation problem (10-60 seconds) Assess
 3. Conducting functional analysis of the problem (12-15 minutes)
 4. Summarizing your understanding of the problem (1-2 minutes)
 5. Listing out possible change plan options (**selling it**) (1-2 minutes) Advise
Agree
 6. Starting a behavioral change plan (5-10 minutes) Assist
Arrange
-

