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