

“Hi, my name is _____. I am a (psychologist, social worker, counselor, etc.) and in this role I am called a Behavioral Health Consultant. I help patients with stress, problems of living and lifestyle behaviors. I would like to get an understanding of the issue you and your provider are concerned about. Then, we can come up with a plan to try to make things better for you. This will take about 25 minutes. Sometimes, people get what they need in a single visit; other times, people return for a few visits to learn new skills. If they do follow-up, I plan to follow people just until they are starting to improve and have a good plan in place for continuing that improvement. I chart to the medical record, and I’ll get back with your doctor to share our plan later today.”

Fig. 7.6 Visit Introduction to Patients