

**AIMS CENTER**  
**W** UNIVERSITY of WASHINGTON  
 Psychiatry & Behavioral Sciences

## Enhancing Efficiency

Part 1: Brief Interventions and Brief Visit Structure

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## Structuring the 30-Minute Session

1. Greeting and Agenda Setting [5 minutes]
2. Review and Provide Treatment [20 minutes]
3. Outline Next Steps in Care [5 minutes]

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### 1. Greeting and Agenda Setting [5 mins]

- Review standard appointment agenda together
- Review treatment goals and concerns
  - Continuing with current treatment goals
  - New treatment goals?
  - Other new or pressing concerns?
- REACH AGREEMENT ON AGENDA

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### 2. Review and Provide Treatment [20 mins]

- Review behavioral health measure scores
- Address urgent client concerns, if any
- Check in on new or current meds [if applicable.] Barriers to taking consistently?
- Deliver behavioral health interventions, review and update treatment plan
  - Review homework from previous session
  - Discuss progress on and practice behavioral health strategies
- Check on referrals and problem solve any referral barriers [if applicable]

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### 3. Outline Next Steps in Care [5 minutes]

- **Confirm assignments for next session**
  - Who is responsible for any follow-up/tasks?
- **Set next appointment**
- **Provide patient with care plan and follow-up paperwork**

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### Priorities in Brief Treatment

- **Skill acquisition**
  - Not focused on talk therapy
  - Focus on learning skills, not solving all problems
- **Set goals**
  - Focus on one goal at a time
  - Define behaviors related to the goal
- **Homework**
  - Emphasis on the work done between sessions
  - Make connections between specific behaviors and mood

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### Brief Interventions for Brief Visits

- Behavioral Activation
- Cognitive Behavioral Therapy
- Problem-Solving Therapy
- Distress Tolerance
- Interpersonal Counseling
- Motivational Interviewing

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### Consistent Agenda

1. Greeting and agenda setting [5 min]
2. Review and provide intervention [20 min]
  - Review PHQ/GAD and homework
  - Review medications (if applicable)
  - **Brief Behavioral Intervention (BA, CBT, Distress Tolerance, etc.)**
3. Next Steps [5 min]
  - Homework: confirm plan and assess for barriers
  - Schedule follow-up visit

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### BA Session 1: Intro to BA and Activities List

1. Greeting and agenda setting [5 min]
2. Review and provide intervention [20 min]
  - Review medications (if applicable)
  - Explain the structure of BA (length of visits, frequency, etc.) - 2 min.
  - Explain the BA model
    - Review PHQ-9/GAD
    - Form A & B: Psychoeducation
  - Develop a list of rewarding activities
    - Form C
3. Next Steps [5 min]
  - Wrap-up
    - Homework: finish completing the activities list and/or make a plan to complete one activity/task
    - Schedule follow-up visit

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### BA Subsequent Sessions

1. Greeting and agenda setting [5 min]
2. Review and provide intervention [20 min]
  - Review medications (if applicable)
  - Review PHQ/GAD and homework
  - Make a plan for the next 1-2 weeks
    - Form D - scheduling activities
3. Next Steps [5 min]
  - Wrap-up
    - Homework: confirm plan and assess for barriers
    - Schedule follow-up visit

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### Cognitive Behavioral Therapy


1. Greeting and agenda setting [5 min]
2. Review and provide intervention [20 min]
  - Review medications (if applicable)
  - Review PHQ/GAD and homework
  - Skills to identify AND challenge maladaptive thoughts and beliefs
    - e.g. dysfunctional thought record
3. Next Steps [5 min]
  - Wrap-up
    - Homework: Develop a specific plan to utilize new skill
    - Schedule follow-up visit

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### CBT Dysfunctional Thought Record

Where were you?	Emotion or feeling	Negative automatic thought	Evidence that supports this thought	Evidence that does not support the thought	Alternative thought	Emotion or feeling



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### Making the Transition to 30 min. Visits

- **New patients**
  - Set expectation for 30 min. visits at the initial intake
    - 30 min appointment patient handout
  - Stress importance of work done *between* sessions
- **Existing patients**
  - Decreased visit length, increased frequency
  - Other approaches to this conversation?



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### Time Management Tips & Tricks

- Complete BH measures before the visit starts
- Start with focused questions like “how has your mood been the last week?”
- Set an alarm for 5 min wrap up
- Visible clock
- Pre-charting
- Other tricks/tips? What works for you?

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## Questions?



NONE OF US IS AS SMART AS ALL OF US

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