**Script Introducing the BHC Service—Chapter 3**

*I'd like to begin by explaining who I am and what I do in the clinic. I'm a (psychologist, social worker, licensed professional counselor, etc.) and I work with primary care providers in situations where good health care involves paying attention to physical health, habits, behaviors, emotional health, and how these might interact with each other. This pamphlet describes my services in more detail, and you may want to read it over after our appointment today. Your provider has asked me to consult with you today. My job is to help you and your provider better address the problems you’re having right now. To help the two of you do this, I'm going to spend about 30 minutes with you in a consultation appointment. During this time, I'd like to get a snapshot of your life and determine what's working well and what's not working so well. I'll take the information that you give me, and together you and I will come up with a plan to help you better manage what's going on. The plan might include things you try on your own, such as reading some self-help material or practicing various skills. Or, we may decide to have you come back for follow-up appointments to help monitor your progress or to help you learn additional skills. We might also decide that you would benefit from seeing a more intensive specialty service. If that were the case, I would help your provider arrange that referral. I'm going to write a note that will go into your medical record and I'm going to give your provider some feedback on the plan we come up with today. Do you have any questions about any of this before we begin*?

**Transition Script Before Giving Summary—Chapter 3 (new for downloads in Third Edition)**

*Let me stop here. I'd like to summarize my understanding of what you've told me to make sure I have it right. If I don't have it right or I've missed something important, I want you to tell me what I've missed. I have some specific suggestions I'd like to review with you in a moment that are based on my understanding of what you've told me. So, it is important that I have it right or my recommendation may be off target.*

**Transition Script Before Describing Treatment Options—Chapter 3 (new for downloads in Third Edition)**

*I have some ideas about what you might focus on and things you might do differently that could decrease your symptoms and improve your functioning. I would like to tell you what those things are and how I think they might be helpful. Then you can tell me if you think you want to try one, some, or maybe none of the things I suggest. Or maybe you have some different ideas of what might be helpful to focus on. You might also want to discuss these options with friends, family members, or someone else before making a decision.*