

COUNSELLING STRATEGIES WHEN YOU ONLY HAVE 10 MINUTES

When does this happen?

- Outpatient interdisciplinary clinics
- Follow-up sessions
- Cut short (aggression, crisis, illness, visitors/other staff)
- Heavy consult load
- Tele-health

Being Resourceful!

- Gather information before
- Understand the functioning of the clinic or organization you are apart of
- Reflective questions

What to do if you miss something?

- Organize a follow up session before they leave or you leave
- Contact them by email or phone if that is appropriate
- Making arrangements/referral for another RD to follow up in their community

Rapport Building

- Warm introduction
- Match client's style -- greater rapport & understanding
- After client speaks → empathetic statement & summarize

Avoiding Leading Questions

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