
### Form a Relationship
- Normalization
- Empathic listening
- Shared goal setting

### Inquire Curiously
- Curious questioning (Ask questions; Drop assumptions; Keep an open mind)
- Collaboration *without* collusion

### Review the information and put it together
- Summarize what the patient has told you
- Make links between thoughts, feelings, & behaviors for the patient

### Skill Build
- Address thoughts by looking at evidence to support the thought and other ways of thinking (e.g., “What are different explanations/possibilities?”)
- Address behaviors by developing coping skills

### Try out the skill
- Encourage the patient to try out the skill
- Elicit feedback from the patient to find out how it went

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Hardy, K., Eisen, K, Kharrazi, N. (updated May 2017)