

## 10 Minute CBT Consultation Steps for MUS

NB – use core communication skills to build a trusting relationship.

Consider reviewing and summarizing the notes BEFORE the consultation with the patient.

1. Review the physical symptoms (in a “Status Consultation” if required)		
2. Ask about a typical day or specific example of the symptoms (where, when...?)		
3. Explore the problem using the 5 areas of the CBM  Do not over-emphasize emotional aspects at this stage	Thoughts	Feelings
	Behaviour	Physical symptoms
	Environment / background / triggers	
4. Summarize and highlight links / vicious cycles.  Use a handover question to encourage collaboration.		
5. Give an empowering explanation for key symptoms		
6. Broaden the agenda to include physical health and wellbeing		
7. Negotiate next steps (includes medical and non-medical strategies)		
8. Use appropriate CBT-based strategies (e.g. goal setting)		
9. Ask for feedback / check patient understanding at the end of the consultation		