

# The Behavioral Health Consultant in Primary Care Characteristics, Skills and Orientation to Practice

## Characteristics

- Flexible, high energy level
- Team Player
- Interest in health and fitness

## Skills

- Finely honed clinical assessment skills
- Behavioral medicine knowledge base
- Cognitive behavioral intervention skills

## Orientation to Practice

- Action-oriented, directive, focus on patient functioning
- Emphasis on prevention and building resiliency
- Utilizes clinical protocols and pathways
- Invested in educating patients, health literacy

