

Consultation Suggestions

Options for what to bring to consultation:

1. *attitude* of openness, curiosity, and courage
2. **questions* about how to be most helpful to those involved
3. ***information* relevant to the questions being addressed

Options for what to focus on in consultation:

1. **What* questions do you want to be answered through the consultation?
2. ***Basic* information to bring to consultation:
 - a. What are the current concerns to be resolved (presenting problems)?
 - b. How will we know when the problem is resolved (goals)?
 - c. What don't we know that might be helpful to know?
 - d. What is the current case plan? Where is it working effectively, where isn't it working effectively?
 - e. Who needs to be involved in resolving the problem(s) and achieving the goal(s)?
(*ecomap* of the involved systems: resources and energy drains)
3. ***What* client information is relevant to what we are trying to figure out?
 - a. How does the client see the concern(s) (presenting problems)?
 - 1) What do they want to have happen (goals)?
 - 2) What do they think would help them achieve their goals?
 - 3) When is the problem less, or desired behavior more likely?
 - 4) What would they say has been most successful or helpful for them so far?
 - b. Relevant history that might effect current behavior or concerns.
 - 1) Evaluations that have been done (by whom? When? Findings? Recommendations?)
 - 2) Special needs effecting current behavior or concerns
 - 3) Developmental history and current assessment of functioning
 - 4) Attachment history and current family relationships
(*genogram* of family or families involved)
 - 5) History of trauma/abuse and related treatment
 - 6) Educational history and current functioning
 - 7) Social history and current functioning
 - 8) Special interests and abilities that might be capitalized upon to help achieve goals.

4. **What system issues are relevant to what we are trying to figure out?
 - a. Who are the “stakeholders” that are part of this concern?
 - b. How do they see the concern (presenting problem)?
 - c. What do they want to have happen (goals)?
 - d. What do they think needs to happen to achieve the goals?
 - e. What has been most successful or helpful so far, from their view?
 - f. What resources might they contribute to help achieve goals?
5. What other people, resources, or connections might help achieve goals?
 - a. What resources and people have been helpful in the past?
 - b. What resources, if they could be found or created, might help now?
6. What is happening in the helping relationships/system?
 - a. How am I feeling about the client, family, and other helpers?
 - b. Do they perceive me as caring about them?
 - c. Do they perceive me as respecting their goals and wishes?
 - d. Do they perceive me as working with them in a way they would clearly find to be helpful?
7. Are there ethical issues or dilemmas that (might?) need to be addressed?
8. Plan
 - a. What will be worked on now?
 - b. What will be worked on later?
 - c. Who will do what to help work toward goals?
 - d. What additional information is need in order to take the next step forward?
 - e. When do we meet again (if needed) to review progress toward goals and revise the plan (if necessary)?