

Therapeutic Consulting Expectations

CONSULTING IN GENERAL -

- Employs expertise or special knowledge of a licensed or credentialed professional
- Contracts for short-term engagements to find resolutions for one challenge or goal
- Engages clients at the individual, family, group, or organizational level
- Remains independent and objective in assessment of needs
- Includes teaching or training when necessary
- Incorporates strengths-based approaches to achieve goals

A THERAPEUTIC CONSULTANT CAN SERVE AS A GUIDE FOR FAMILIES -

- in order to understand the nature of the presenting problems and goals through a review of formal assessments, family dynamics and relationships, individual strengths and challenges, attempted solution history
- in order to recommend evaluations and collaborate with other treatment professionals
- in order to create mental health, social-emotional skill building, or behavior plans for children
- in order to advocate for children's mental health needs in the school setting
- in order to create parenting plans and recommended priorities for parents and caregivers
- in order to identify goals and modalities for future psychotherapy or mental health treatment, mentoring, skills training, and bibliotherapy

A THERAPEUTIC CONSULTANT DOES NOT:

- offer formal diagnoses, insurance billing, or interaction with insurance carriers
- conduct deeper psychotherapy work or offer frequent ongoing support
- enter into organizational contract agreements that create a conflict of interest for families



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