

An accomplished speaker, therapist and consultant, Elizabeth brings years of experience helping a wide array of healthcare entities advance toward their goals, and strengthen the human connections in care provision.

## **Expertise**

Elizabeth has over a decade of experience in developing effective and sustainable Integrated Behavioral Health (IBH) services, both in primary care organizations as well as within health plans. She is an expert Motivational Interviewing Trainer, and provides research-based training in MI and other empathy-based communications for healthcare professionals. She has successfully worked with MediCal health plans in California, leading integration and complex care initiatives in their provider network, as well as providing interactive, evidenced-based communication learning and development activities.

## **Approach**

Elizabeth and her team have a strength-based philosophy that informs their approach to organizational consultation. They strive to understand each organization's unique purpose, culture and experience, and collaboratively develop evidence-based strategies, tailored to meet the goals of each organization. The core principle of facilitating, supporting and elevating the human connection in healthcare provision is central to EMConsulting's strategy.

## **Thought Leader**

Influential in her field, Elizabeth wrote the first widely distributed 'how to' [manual on IBH services](#), was a mentor for grantees in the Integrated Behavioral Health Project and has co-lead the Blue Shield of California Foundation's Integrated Care Learning Community. Elizabeth has also served on integrated care advisory boards for the California Primary Care Association, the UCSF School of Medicine, and the California Institute for Behavioral Health Services. She was a lead consultant in the Inland Empire Health Plan's Behavioral Health Integration Initiative ([BHintegration.com](#)), and has developed original workshops on empathic communication for the Institute for Healthcare Communication. ([healthcarecomm.org](#)).

As a practicing clinician for over 25 years, she continues to see patients in integrated settings, maintaining an on-the-ground perspective of what works in practice.