The Common Factors Approach: HEL²P³ to Build a Better Alliance offers foundational communication skills for building a therapeutic alliance. HEL²P³ components are effective interventions common to diverse therapies across multiple diagnoses.

The American Academy of Pediatrics resource on Brief Interventions for Common Pediatric Primary Care Problems highlights components of psychosocial therapies that apply to a group of related conditions.

The National Academies of Science, Engineering, and Medicine Tools for Supporting Emotional Wellbeing in Children and Youth provide physicians with resources to address a child’s emotional health. These resources were created to help young people develop healthy ways to deal with stressful situations brought on by the pandemic.