

Outpatient Treatment: Health care services performed for ambulatory patients in hospitals, clinics, doctors' offices, and mental health centers. Frequency depends on therapeutic needs.

Treatment	Focus	Description of Treatment	Average Course of Treatment
Employee Assistance Program (EAP)	Assist members with personal, family, and/or work-related problems.	Licensed Master Prepared therapist Type of therapy: Solution Focused Brief therapy	Short term (three to six sessions). If more complex, will be referred for psychotherapy and psychiatric evaluation and management
Psychotherapy	Provided by a trained professional who primarily uses forms of communication and interaction to assess, diagnose, and treat dysfunctional emotional reactions, ways of thinking, and behavior patterns.	PhD, Licensed Master Prepared therapist Type of therapy: Cognitive, Behavioral, Interpersonal therapy, and other evidence-based therapies	Typically held once a week for 30 to 50 minutes a week. Individual, family, or couple setting
Psychiatric Evaluation and Management	Comprehensive approach to treating psychiatric disorders	Medical Professional (MD, DO, or APRN) Ongoing assessment and treatment using both medical and psychological interventions	Varies but typically bi-weekly to monthly and when stable quarterly
Psychological Testing	Through interviews, observation, or formal testing to determine diagnosis and treatment options. This allows a psychologist to see the full picture of a person's strengths and limitations.	Psychologist Type of test: Cognitive test, personality assessment, Adaptive behavioral assessment	Six to eight hours of testing
Specialty Treatment Programs	Use of medical treatment in combination with counseling and behavioral therapist to treat specific disorders (e.g., substance use disorders, eating disorders, OCD, etc.)	Medical Professional PhD, Licensed Master Prepared therapist	Can be months to years

Intensive Outpatient	Need intensive support and treatment but living – or able to live – independently with minimal support in the community	Provided in a clinic setting or through in-home services with case management services available Weekly individual and group therapy and medical and psychiatric professional available as needed	Three days a week for nine hours weekly for two to eight weeks
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Reference:

American Psychiatric Association (APA): [APA Dictionary of Psychology](#) or [Psychiatry.org - Home](#)

Lucet Health: [Home | Lucet Health \(LucetHealth.com\)](#)