

**Outpatient Treatment:** Health care services performed for ambulatory patients in hospital units, 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 that impact their work.	Licensed Master Prepared therapist  Type of therapy: Solution Focused Brief therapy	Short term (3 to 6 sessions). If more complex, will be referred for psychotherapy and psychiatric evaluation and management
Psychotherapy	Provided by a trained professional that 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	<b>Varies but typically bi-weekly to monthly and when stable quarterly</b>
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	6 to 8 hours of testing
Specialty Treatment Programs	Use of medical treatment in combination with counseling and behavioral therapist to treat specific disorders (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	3 days a week for 9 hours weekly for 2 to 8 weeks