Short Term Model Policy

Policy:

CAPS clinicians provide brief treatment services for individual and relationship/couple’s counseling. Clients are informed of the brief treatment model prior to the initiation of services. CAPS staff will consider this scope of service in developing dispositions, treatment recommendations, and in their ongoing clinical work. Clients are also encouraged to consider this scope when deciding the best options for their care. While brief therapy provided at CAPS has no set session limits, clinicians are expected to consider 6-8 sessions (5 sessions is average) as a framework for completing their individual therapy with clients. This number reflects both an emphasis on brief treatment at CAPS and is consistent with the observed pattern of service utilization at CAPS over the past few years. In addition, CAPS services are guided by considerations of equity of access and clinical evaluation of individual needs and available capacity. It is expected that early and ongoing collaboration between clinician and client to address the client’s goals within a circumscribed treatment plan will achieve significant positive progress within the short-term timeframe.

I. Short Term Therapy Fit: In general, the following guidelines may be considered when making a recommendation to clients for short-term therapy at CAPS:
   a. Short-term therapy is likely to help a student address their presenting concern/s without requiring long-term treatment.
   b. Short-term therapy is likely to help a student with specific issue/s and is not likely to create adverse effects upon termination.
   c. In cases where long term therapy is indicated, brief treatment services at CAPS can be used for the following reasons:
      i. Facilitate an understanding of the client’s concerns and provide support while appropriate outside referrals are provided.
      ii. Preparing a client for referral and subsequent treatment services.
      iii. Clients may use other CAPS services (i.e., group therapy) while seeing a long-term outside individual therapist.

II. If a client believes that CAPS short-term services are not appropriate for their needs, they may obtain referral resources with the assistance of the Treatment Coordinator.

III. There is no limit for Group Counseling services.