

# Different Therapeutic Treatment Options

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## Outpatient Services

### Individual Therapy

Weekly or bi-weekly sessions with a licensed therapist focusing on therapeutic goals decided together. This is often referred to as "talk therapy"

### Family or Couples Therapy

Typically weekly therapy sessions with a licensed family or couples therapist. The sessions should always include all participants & the treatment focuses on specific issues affecting the health & function of the family or couple

### Group Therapy & Support Groups

Group Therapy: A form of therapy in which a group of patients meet to describe and discuss their problems together under the supervision of a therapist.

Support Groups: A group of people with common experiences and concerns who provide emotional and moral support for one another.



## Intensive Outpatient Services (IOP)

This is for people who need more than weekly or bi-weekly therapy. There are different IOP's to fit the need of the client i.e., mood, disordered eating, substance Use, etc. Programs include a multidisciplinary team of mental health professionals. The program usually includes a variety of therapeutic services i.e., group therapy, individual therapy, art therapy, etc. Participants will usually attend the program 5 days a week for around 2 hours a day and work their way down attending less and less days a week.



## Partial Hospitalization Program (PHP)

This is for people who need more than weekly or bi-weekly therapy. Participants typically attend the program for 5 days a week 5-7 hours a day.

The program includes a multidisciplinary team of mental health professionals, including a psychiatrist for possible medication management. The program includes a variety of therapeutic services i.e., group therapy, individual therapy, art therapy, music therapy, exposure therapy, etc. There are different types of PHP's depending on what the patients needs are.



## Inpatient Hospitalization (IPU)

Inpatient hospitalization is utilized for patient stabilization. An individual will receive an assessment in the Emergency Room and if the Social Worker (or ER staff, sometimes parents are involved in the decision as well) deem the patient a danger to themselves or others they will admit them to a psychiatric unit. The patient will stay in the unit until they are deemed stable or transferred to a long-term treatment facility. Patients usually stay in an IPU for 3-7 days.



## Residential Program

Are for people whose mental health needs require more intensive treatment than can be provided in outpatient settings or short-term inpatient settings. They provide a safe, therapeutic environment where clients can gain stability, support, and treatment for mental health diagnoses, substance abuse, and more. Residential facilities typically provide diagnostic evaluation, education, group therapy, art therapy, yoga, individual therapy, etc. People typically stay in residential facilities for 30 days.



## Therapeutic Day School

This is a school that provides therapeutic supports and individual education planning for each student. This is a space for students who need more than a public school can provide. The goal with a therapeutic school is often to help the student transition back to their school.



This is just a few therapeutic treatment options. It is always recommended to seek out a mental health professional for treatment recommendations.

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