

# Psychotherapy

## *Job Description*

### Individual Psychotherapy Definition:

Psychotherapy is the practice of a trained professional clinician applying clinical techniques that originate from the principles of psychology in order to help clients adjust to situations in their lives, manage or change how they think, manage or change how they feel, alter certain behaviors, or bring about change in other areas of their lives.

Interventions are designed to build on and/or develop client's strengths, address identified needs, and improve and/or stabilize functioning of the client.

Individual Psychotherapy may be delivered in the office, in the client's home or in a community-based setting or via telehealth.

### Family Psychotherapy Definition:

Family psychotherapy focuses on the improvement of interfamilial relationships and behavioral patterns of the family unit as a whole, as well as among individual clients and groupings, or subsystems, within the family.

Interventions are designed to build on and/or develop client and client's family's strengths, address identified needs, and improve and/or stabilize functioning of the client and the client's family.

Family Psychotherapy may be delivered in the office, in the client's home or in a community-based setting or via telehealth.

## Extended-Visits Psychotherapy

Extended outpatient psychotherapy sessions are medically necessary in the following circumstances as indicated by the client's condition and specific treatment needs:

- The client has been diagnosed with post-traumatic stress disorder, panic disorder, obsessive compulsive disorder, or specific phobia, and is being treated with prolonged exposure therapies.
- The client has been diagnosed with post-traumatic stress disorder and is being treated with eye movement desensitization and reprocessing (EMDR) or traumatic incident reduction (TIR).
- The client's borderline personality disorder diagnosis is a covered condition, and the client is being treated with dialectical behavior therapy (DBT).
- Crisis Psychotherapy is provided when a client is experiencing an acute crisis, is not at imminent risk of harm to self or others, and psychotherapy for crisis is appropriate for providing rapid and time-limited assessment and stabilization.
- Note that Extended and Crisis psychotherapy sessions are provided in a manner that is strengths-based, culturally competent and responsive to each client's individual psychosocial developmental and treatment needs.
- **Authorization Type** Threshold is 12 units per client per calendar year; additional services must be prior authorized following a request.

## Provider Qualifications

Psychotherapists must be licensed clinicians as defined per licensure by the Idaho Division of Occupational and Professional Licenses and IDAPA; and/or practicing under the Idaho supervisory protocol.

## Job Responsibilities

- Assess the emotional, behavioral or mental health needs of a potential client by completing a Comprehensive Diagnostic Assessment (CDA). (See SOB for CDA requirements)
- Recommend or establish interventions and treatment as well as duration of treatment for clinical services as well as other interventions at Hope Tree that the individual may qualify for.
- Treat clients within scope of practice of licensure providing best evidenced based practices recommended or established per diagnosis and assessment of the individual.
- Components of the clinical services may include additional descriptions as outlined in policy and procedures, practice standards and level of care guidelines of insurance providers.
- Ensure that the client service plan includes identification of client's strengths, specific/measurable goals for identified needs, and activities that will support the client in meeting their individual Case Management goals.
- Complete a 90 day treatment plan review and update the plan as needed.