

Length of Treatment Criteria

The table below summarizes relevant clinical decision tree considerations when determining the appropriate intervention model for clients. Please apply these criteria when making your clinical determination.

| ✓ | Short-Term Intervention <small>(check those that apply)</small> | ✓ | Long-Term Intervention <small>(check those that apply)</small> |
|---|--|---|--|
| | Focused, defined problem with minimal or no complicating factors | | Complex, multi-problem client presentation without discreet problem that is amenable to treatment |
| | Focused problem(s) with some minor complications, client motivated & has strengths conducive to positive outcome | | Focused problem(s) with substantive complications that will undercut short-term intervention (e.g., substance abuse). Client not readily motivated for treatment OR has had prior unsuccessful treatment experiences. |
| | Discreet problem in complex client presentation. Problem is amenable to treatment and client is motivated. | | Key problem needing treatment is not amenable to short-term intervention (e.g., eating disorder, addictions, severe anxiety or depression, serious suicide attempts, destructive acting out, abuse issues (physical, emotional or sexual), psychotic disorders, etc) |
| | Problem formulation is compatible with short-term intervention. | | |
| | Treatment plan is realistic and achievable in brief counseling format | | |
| | | | |
| ✓ | THEREFORE , action to be taken: | ✓ | THEREFORE , action to be taken: |
| | Use EAP/MAP for problem resolution, support and follow-up | | Use EAP/MAP for linkage for longer-term resources ___ direct client to health insurance benefits ___ help client connect to community resources |
| | Refer as needed | | Provide support and follow-up to ensure linkage |