

Therapy Clinic Program Description

SERVICES OFFERED

Individual/Couples Psychotherapy:

Regularly scheduled sessions with an assigned therapist are offered.

Group Psychotherapy

Groups offered will depend on Clinic facilities and demand. A corresponding reduction in the individual psychotherapy caseload is arranged for any therapist leading a group. Such a reduction will be made in consultation with the clinic director.

ECAS THERAPY CLINIC VALUES

ECAS strives to bring a different therapy approach to the community by specializing in specific client needs, using evidence-based therapeutic treatments, practicing cultural humility, and committing to a Course of Treatment model to make services available more broadly.

Importantly, each staff therapist holds the key to implementing these values with their clients. Training and consultation is provided and available, but ultimately each ECAS therapist needs to:

1. use the intake process to screen clients who are not appropriate for treatment within the clinic's specialization and would be better served elsewhere
2. use and gain training in evidence-based treatments
3. engage in cultural humility and create an atmosphere that allows for conversations about culture, inequities, and differences
4. commit to monitoring progress and discussing treatment progress with clients regularly

Clinic Specialization

ECAS is a specialty clinic, focusing on the treatment of Anxiety Disorders, Obsessive Compulsive and Related Disorders, Posttraumatic Stress Disorders, and distress/trauma related to discrimination and bias. While clients who seek treatment at ECAS may have difficulties beyond these issues, the focus of treatment should be within the scope of these specialty areas. Thus, appropriate clients to the clinic should be ready and interested in focusing on one of the areas of specialization, and address other issues as they impact the client's ability to work on their presenting concern.

Staff therapists at ECAS implement this clinical value in the following ways:

- € ECAS clinicians use the intake interview to determine if the client's presenting problem is a good match for the clinic with respect to specific issues being addressed. If the intake interview suggests that the primary focus is outside the scope of the clinic's specializations, ECAS therapists' refer the client to a more appropriate clinic.
- € ECAS clinicians develop a targeted treatment plan that addresses the presenting problem. Throughout the course of treatment, staff therapists use the treatment plan to stay focused on presenting problems and goals, and notice and discuss changes to objective measures to discuss progress with clients.

Evidence-based Approach

ECAS is committed to using evidence-based practices, with a particular emphasis on exposure-based principles. Clinicians will use evidence-based approaches to help clients develop tools to manage their symptoms, and help them develop self-efficacy for managing symptoms after the course of treatment.

Staff therapists at ECAS implement evidence-based treatment by:

- ⌘ Engaging in the first-year training series with the goal of working with a variety of presenting problems and integrating evidence-based treatments with clients.
- ⌘ being aware of their own limitations and areas of growth and seeking training and consultation as needed.

Cultural Humility

Cultural Humility is the ability to be open to aspects of cultural identity that are most important to others in one's interpersonal interactions. Staff therapists at ECAS strive to develop cultural humility in their interactions with clients and staff. Staff therapists implement cultural humility by:

- ⌘ utilizing *cultural opportunities* in the scope of conversations with colleagues and clients to address aspects of cultural identity or experiences of oppression or privilege.
- ⌘ Interpreting the Working Alliance and Cultural Humility measures during the course of treatment to assess the treatment relationship
- ⌘ attending and participating in multicultural staff meetings, and using these as opportunities to grow in cultural awareness and multicultural orientation
- ⌘ Being curious about the experiences of others with a non-defensive stance, and to become aware of areas of privilege

ECAS meets the large need for therapy services in its community by committing to a medium-term course of specialized treatment. In this model, therapists see clients weekly before tapering to less frequent sessions and ending treatment with most clients within a year. By treating clients for a more limited period of time, therapists help their clients develop self-efficacy so that they can become their own therapists. By limiting the length of treatment for each individual client, it also allows therapists to have regular openings in their caseload to meet the community's great mental health needs.

We understand that some clients' goals and progress will take longer than six months to a year to make sufficient change, and therefore clinicians may decide to keep some clients for longer than outlined by our model. Clinicians who decide to continue with clients are encouraged to ensure this decision is based on: 1. sufficient, measurable progress being made towards treatment goals that continued care would facilitate, 2. new treatment goals (and plan) have been collaboratively created and updated, and/or 3. client's continued progress could not be better addressed outside of ECAS.

ECAS therapists implement a course of treatment model by:

- ⊄ discussing the limited duration of treatment with new clients during the intake session, and throughout treatment
- ⊄ keeping track of client progress and treatment with each client
- ⊄ use milestones to discuss progress with clients and if clinically indicated
- ⊄ Use tapering (from weekly to bi-weekly or bi-weekly to monthly) as interventions to help clients develop self-efficacy and identify new obstacles to discharge
- ⊄ consulting with colleagues when struggling to end with clients
- ⊄ being thoughtful about the clients that you choose to see longer term and seeking consultation
- ⊄ Updating treatment plans as treatment changes
- ⊄ Completing new intakes/assessment each year to ensure accuracy in understanding client needs and goals

Bi-Weekly Sessions:

New clients are only seen on a weekly basis, given our short-term treatment model. Clinicians should use their clinical discretion when determining if a client should move to bi-weekly or less frequent sessions based on their progression in therapy and the short-term approach to treatment. When a clinician has two bi-weekly slots open up, they should consolidate their schedule (with the help of admin staff as needed) to make room for a weekly client before letting the intake coordinator know of their time slot.

ECAS CLIENT FACTORS

Client Demographics

Clients seen by therapists may include children, adolescents, adults, individuals, couples and groups. Because of our focus on equity and multicultural competence, clients from marginalized groups may be more willing to seek services at our clinic, and thus may make up a higher proportion of our clients.

Client Severity

Because of ECAS' medium-term model of treatment, clients with longer-term therapy needs may not be appropriate for the clinic. Thus, those with recent or active suicidal intent, psychiatric hospitalizations, psychotic experiences, violent episodes, severe substance dependence, or personality traits that would inhibit active participation in treatment may not be appropriate referrals and are screened either by the online webform or in the intake appointments with their therapist.