



the portage path behavioral health reference guide to:

# Brief Treatment Therapy

*Focus energy. Find Solutions. Finish faster.*

**B**rief treatment is a widely-used and innovative way to approach therapy. Unlike more extensive treatment, brief treatment is designed to address a *specific issue* that you want to resolve. This approach does not go into past issues or underlying causes for the issues, but works to identify your strengths and find solutions in **only six to eight sessions!**

**You can choose brief treatment** if you have a specific, defined goal.

Examples of this include:

- *Communicating and expressing feelings more effectively*
- *Coping with a recent life change or stressor, such as the death of a loved one, living in a new environment, divorce or relationship break-up*



## Is Brief Treatment Right For You?

Ask yourself the following questions to determine if you would be a good candidate for brief treatment:

- Do I have a specific, definable goal for treatment?
- Am I uncertain about following through with ongoing treatment, but would like to accomplish as much as possible in a short period of time?
- Will I only be in Summit County or attending Portage Path services for a limited period of time?
- Have I had a previous brief admission to Portage Path and would like to accomplish as much as possible in a brief period?

**Brief treatment works** because you work with your clinician in a four-step process. First, you define the problem you want to solve. Second, you define what it would “look like” if the problem was solved. Then, you work backwards from that image to uncover the solution to your problem and determine how the solution can be applied. Finally, you identify how the solution can be applied to other areas of your life and any new problems that may arise.

### **There are several reasons to choose brief treatment.**

One, your treatment stays focused on your goal in each session.

Two, the skills that you learn by accomplishing your goal can be applied to other areas of your life. With help from your therapist, you learn to develop problem-solving skills and adjust solution techniques to fit a variety of problems.

Three, treatment has a pre-set beginning and end, so you work to accomplish as much as possible within that time limit. This gives you something to look forward to and provides the peace of mind of knowing that you won't be working on this issue forever.





# Questions About Brief Treatment

## • How Do I Get Started With Brief Treatment?

You can begin brief treatment at your first appointment after your intake assessment. Depending on your needs, you may also see a psychiatrist or nurse for medications.

## • How is Brief Treatment Different from Long Term Therapy?

There is a distinct difference between ongoing therapy and brief treatment. Ongoing therapy covers a wide variety of issues in your life, and can sometimes be intimidating and time consuming, but with brief treatment, you get results fast. With brief treatment, you focus on one specific problem in your life and work to find a solution. In the process, you learn skills you can use to tackle other issues you face. With brief treatment, you no longer have to wonder how long it will take to "feel better." Brief treatment is designed to focus on one problem, find solutions, and finish fast.

A study was conducted of clients who attended a Brief Treatment Group. In a short period of time, clients were able to address the issues that brought them to treatment and feel better in the process.

## • How Does Brief Treatment End?

Once you have accomplished the treatment goal, or feel that you are on the right track, you transition out of brief treatment. If you continue to need medications and or supportive therapy, the necessary appointments will be scheduled with the psychiatrist.

## • What If It Turns Out That I Need More Than Brief Treatment?

After attending six to eight sessions, you and your therapist will evaluate whether more treatment is needed. When clinically appropriate, you may be referred from brief treatment to ongoing therapy.

You can also return to brief treatment to address another problem or goal.

If you have identified with the issues discussed in this flyer and you're ready to take the next step toward feeling better, visit our web site or call Portage Path and find out how we can help.

**Website:** [www.portagepath.org](http://www.portagepath.org)

**Appointments:** 330-253-3100  
800-828-4508

If you are in an emotional crisis and you need someone to talk to, call our free, 24-hour, 7-day crisis hotline:

**Support Hotline:** 330-434-9144  
888-434-8878



**portage path behavioral health**  
*state-of-the-art care for your state of mind.*