

<b>Comprehensive Behavioral Health Management/College Health IPA Policy and Procedure Manual</b>	
<b>Policy Name:</b> Treatment Philosophy	<b>Utilization Management</b>
<b>Date:</b> 8-94 <b>Reviewed by QI Committee:</b> 9-06, 9-07 <b>Revised by QI Committee:</b> 9-06	<b>Page:</b> 1 of 1 <b>Policy Number:</b> UM-1

**Purpose:** Comprehensive Behavioral Health Management/College Health IPA (CBHM/CHIPA) treatment philosophy, integrated throughout our intensive and outpatient programs, reflects the clinical “values” we believe research and clinical practice have shown to be the most effective means of producing the kind of rapid, generalizable behavioral gains which we and our patients seek.

**Policy:**

1.0 Philosophy

- 1.1 We mutually identify and actively address the critical biological, psychological, and social impairments, which have necessitated each patient’s treatment.
- 1.2 We strive to develop an empathetic understanding of each patient.
- 1.3 We focus on reinforcing each patient’s strengths and resources, and together build on this healthy foundation through the teaching of specific, practical cognitive/behavioral and interpersonal skills.
- 1.4 We Coordinate care with other healthcare providers.
- 1.5 We promote patient empowerment, rather than dependency.
- 1.6 We promote interventions, which emphasize goals of self-efficacy and self-mastery, beginning at the point of first patient contact.
- 1.7 We assist each patient in the process of his or her ongoing development..
- 1.8 We employ interactive techniques, which promote self-efficacy skills and stable, generalized treatment gains.
- 1.9 We encourage the active involvement of significant others in treatment.
- 1.10 We avoid producing iatrogenic illness by discouraging overt or covert reinforcement of regression or an unhealthy fixation on psychopathology.
- 1.11 We maintain an awareness of time, by recognizing the effectiveness of therapy and the overcoming resistance to change is unrelated to length or frequency of therapy.