

Brief or Short-Term Psychotherapy

The Behavioral Health Department offers up to 10 sessions of individual psychotherapy conducted by licensed mental health professionals. Brief psychotherapy services are offered to The Villages Health patients who are referred by their primary care providers, and who possess Medicare Advantage insurance. Patients are requested to complete psychometric testing and questionnaire documents prior to initial sessions to assist clinicians in identifying problem severity, psychosocial history, treatment goals, and formulation of psychiatric diagnosis.

Listed are some of the common treatment issues addressed in TVH's brief psychotherapy services:

- Coping with depression and / or anxiety issues fueled by common life stressors.
- Coping with the loss of a loved one - grief, bereavement.
- Adjusting to major life transitions - such as retirement, relocation, estrangement from extended family, marital separation, etc.
- Adjusting to quality-of-life changes associated with major medical or health challenges.
- Coping with stress associated with caring for a loved one living with major physical health or cognitive issues.
- Exploring and strengthening interpersonal boundaries, communication, and assertiveness skills.
- Other treatment issues presented by the patient that are determined to be within the scope of therapists' training and expertise.

The Villages Health's Behavioral Health Clinicians use a variety of psychotherapy techniques and approaches to provide patients the best quality treatment, including –

- Client Centered Therapy
- Cognitive Behavioral Therapy
- Trauma Informed Care
- Solution Focused Therapy
- Motivational Interviewing
- Existential Therapy
- Acceptance & Commitment Therapy
- EMDR (Eye Movement Desensitization and Reprocessing)
- Other psychotherapy approaches may also be employed based on the particular needs of the patient