



Guidelines for When a Therapist is Seeing a Member More Than Once Weekly in Outpatient Treatment

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It is the plan's position that more than one session per week of outpatient therapy is for short term use only. The medical necessity for more frequent sessions should be driven by more intense clinical needs and used on a brief basis at the treating provider's discretion to address situations of heightened clinical acuity or scheduling logistics. Provision of more than one session a week does not need to be approved by the plan; however, the treating provider's use of this increased intensity of care may be reviewed if the case is identified as an outlier as a result of population management reports, or a result of provider's practice style/orientation versus a specific member's clinical treatment needs. Outpatient psychotherapy utilization patterns exceeding 16 sessions in 12 weeks shall trigger a clinical inquiry to determine medical necessity for higher than expected intensity of treatment.