

## Coordination of Care Guidelines for Multiple Levels or for More than One Therapist

*Basic ideas to consider before authorizing two services with two therapists: Do no harm. Possible harmful effects may include giving the client mixed messages, double binding the client, exhausting the client's resources resulting in a negative experience of therapy. Multiple therapists also gives some clients more opportunities to triangulate and subvert therapeutic efforts.*

*Will having more than one therapist facilitate or discourage the client from making progress? How much family resource is the client able and willing to invest in therapy when you consider the commitment of time, money, and other family activities (meals, homework, recreation, etc) that is needed to make therapy a success? Would sequentially authorizing the therapy be a better choice for this client?*

1. Provide clinical rationale/need for services requested. Identify levels care, frequency, duration of treatment, and agency/therapists involved. Provide detailed explanation of how treatment is coordinated. Specifically address frequency and content of communication between treating clinicians.
2. Identify the supervising practitioner who will be responsible for approving and directing this treatment plan.
3. Provide an integrated treatment plan that outlines treatment goals and approaches. Treatment plan must be signed by treating clinicians, supervising practitioner and client. Treatment plan must have measurable, clear, achievable, and time limited goals.
4. Explain how treating clinicians will avoid contradicting each other and double binding the client as these goals and approaches are implemented.
5. Identify how much of a time commitment this treatment plan represents for the client. Include travel, time in session, and between session assignments. Address the client's response to making this time commitment to treatment.